Elbow, Wrist and Hand Exercises

1. Wrist bend: Keep your outstretched hand straight and steady (support with other hand if required). Bend wrist upwards and downwards as far as possible.

2. Make tight fists and move towards right and left as well as up and down at wrists. Move them clockwise and anticlockwise.

3. Wrist stretch: Hold your right hand straight with palm facing down. Press right hand down with your left hand till you feel a stretch at wrist. Stretch palm up in a similar manner. Do the same with left hand. You can also do this exercise by pressing your palms on a table or wall.

4. Hold a soft ball in your palm and press it with all five fingers.

5. Wrap a rubber band around your fingers. Open out your fingers as much as you can. Repeat same exercise with four fingers excluding thumb.

6. Place your arm pressed over chest. Elbow should be at 90° with palm facing upwards. Turn your hand and palm downwards now. Hold for some time and return to original position.

7. Press all fingers one by one on your thumb. Make a tight fist and open completely. Move each of the three joints in every finger individually.
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Exercises with help of weight

You can do all types of exercises with help of a dumbbell, water bottle (1 Liter = 1 Kg. / 2.2 Pounds) or a sand bag. Dumbbells are of different weights. Start with a small weight and increase slowly.

A. Hold a weight in your hand while keeping your elbow steady. Lift up, hold for some time and come back to original position.

B. Hold weight in same manner with palms turned down and lift it up.

C. Keep hand steady from elbow to wrist by keeping it on a table. Hold a weight and move hand to right, left and in a circular manner.

D. Hold a weight while standing and bring it up by bending at elbow. Hold for some time and bring weight down slowly to straighten hand once again.

General instructions about exercise

1. Do exercises in fresh, pleasant environment.
2. Do not eat anything for about an hour after exercise. Sips of water or other fluids are allowed.
3. Wear comfortable cotton clothes during exercise.
4. Concentrate on your exercise and do it slowly. Never exercise hastily; do not jerk your joints.
5. Concentrate on the joint or muscle group for which you are exercising.
6. One should feel relaxation of muscles after exercise. Increase in pain after exercise may indicate wrong method. Stop exercise and meet your physiotherapist again in such situation.
7. Maintain a posture for about 10 seconds and return back slowly to resting position.
8. Start low – for some minutes – and increase your work-out gradually.
9. Exercise twice each day. Regularity is of utmost importance.