

## Wrist mobility exercises

It may hurt when exercising

You should stop if pain is greater than 7/10

Try to repeat 10 times, 3 times per day



1



Place your forearm on a table, with your wrist hanging off the table.

Palm facing the floor.

Lift your wrist up and down

2

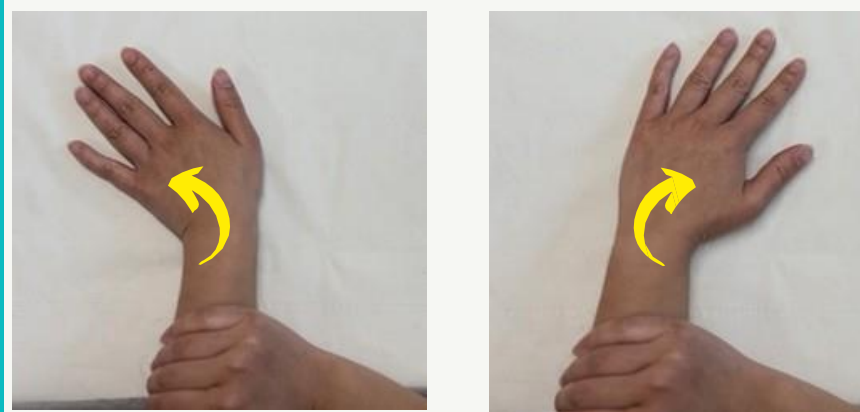


Place your forearm on a table, with your wrist hanging off the table.

Palm facing the ceiling.

Lift your wrist up and down

3



Place hand and forearm on the table.

Stabilise your forearm and keep your hand flat.

Wave side to side

4



Keep elbow bent at 90 degree

Turn your palm from facing the ceiling to facing the floor

SCAN HERE TO  
WATCH THE  
EXERCISE VIDEOS



<https://tinyurl.com/efbtbrf4>

Muscle, bone and joint pains are extremely common, and most problems resolve themselves without help from a healthcare professional, if you have a new pain which has been present for less than 6 weeks, the chances are it will go away with time and gentle movement. You should start these exercises today to speed up your recovery. Don't worry if you cannot complete all the exercises straight away. Do what you can.



Wrist pain can be worrying.  
It can help if you better understand your pain.  
Please take a look at our educational resources:

scan QR code with camera phone and tap the link



Wrist Mobility Exercises  
<https://tinyurl.com/efbtbrf4>



Information on wrist pain  
<https://tinyurl.com/34mh2xsx>

Please tell us, if you need your information in a different format and would like us to communicate with you in a particular way.

When your referral was reviewed today, there were no worrying signs or symptoms; this is good news and means that although we understand are struggling with your pain today, and that pain can be distressing, it should settle. You can continue to challenge yourself and improve your fitness with support from

<https://www.nhs.uk/conditions/nhs-fitness-studio>.

Please contact us if you feel this needs urgent attention or if your symptoms persist beyond 6 weeks and are not improving.