

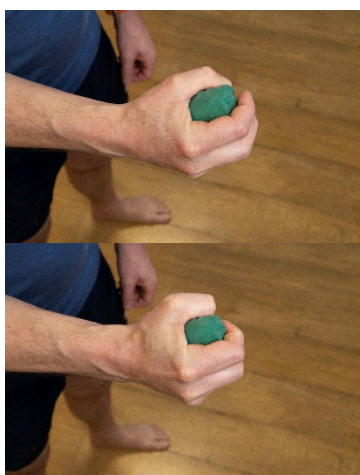
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Supination to pronation

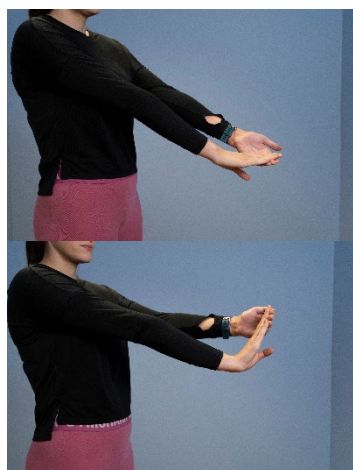
- Rest your forearm on a table or arm of a chair with the wrist crease hanging over the edge
- Hold an object with a handle for example a hammer vertically upright (the longer and heavier the object, the more challenging the exercise- start with something light).
- Keep your elbow slightly bent and still.
- Rotate your hand slowly controlling the weighted object so that the back of your hand faces the sky, then rotate back the opposite way so the palm of your hand faces up to the ceiling.



15 reps / 2-3 sets / 1 minute rest

2. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.



3 reps / 2- 3 sets / 1 minute rest

3. Wrist extension stretch

- Sit or stand with your arm straight out in front of you with the palm of your hand facing the floor.
- Bend your wrist so the back of your hand moves towards you.
- Use your opposite hand to pull into a stretch.
- Hold this position for 20 seconds.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.