



**Bloomsbury Osteopathy**

# Wrist and Hand Exercises

## Wrist and Hand Flexors Strengthening

### HANS03

#### Function:

To strengthen the muscles which attach to the inside of the elbow and the hand which help to flex the hand (the wrists and fingers).

#### Action:

##### Starting Position:

Stand with the affected hand suspended by your side with the palm facing forwards. Grasp a small weight (to be determined by your osteopath e.g. 1kg)

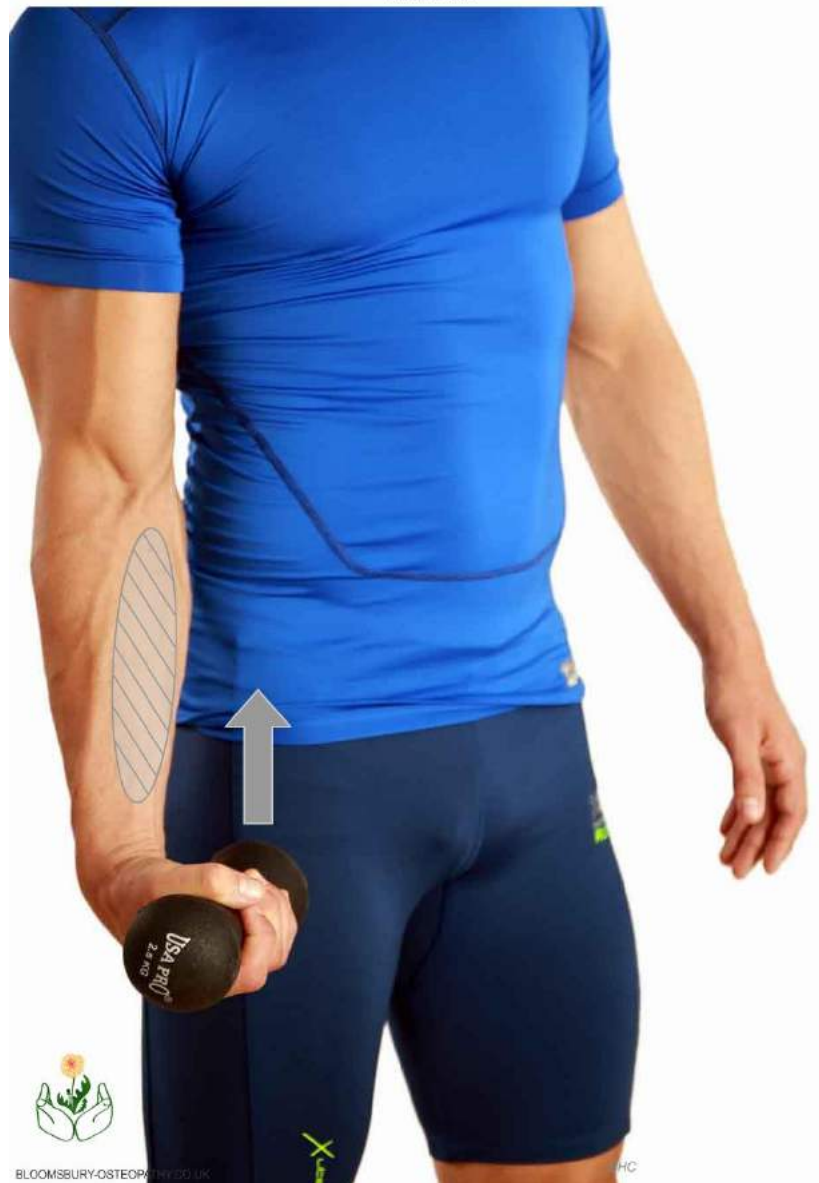
#### Action:

In a slow and in a progressive manner flex the wrist upwards. At the end of range hold for 5-10 seconds. Ensure you keep the elbow fully extended throughout the exercise. Relax your hand and repeat as prescribed.

#### Notes:

You can improvise with a narrow bottle of water. If you suffer from connective tissue disease like rheumatoid arthritis ensure that you discuss this exercise with your osteopath.

ARM FLEXORS STRENGTHENING  
(HANS03)



All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)