



**Bloomsbury Osteopathy**

# Wrist and Hand Exercises

## Wrist and Hand Extensors Strengthening

### HANS04

#### Function:

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

#### Action:

##### Starting Position:

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

#### Action:

In a slow and in a progressive manner extend 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.



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