

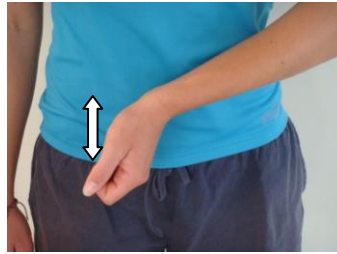
## **HAND AND WRIST EXERCISES – 5 X PER DAY**

### **HAND AND FINGERS**



Make a fist and open your hand. squeeze a ball if you like. (10X)

### **WRIST FLEXION/EXTENSION**



Wrist forwards and backwards, and side to side. (X10 each)

### **WRIST CIRCLES**



Circle wrist clockwise and anti-clockwise. 10 each direction.

### **FOREARM**



Turn hand over so palm is facing up and down.(X10)

### **ELBOW FLEXION**



Bend the elbow gently. initially use the other hand to help if required. (X10)

### **ELBOW EXTENSION**



Straighten the elbow. Use other hand to help if required. (X10)