

Patient:
Mrs Julie Dass

Date:
20th Mar 2017



Median nerve stretch

Standing next to a wall, place your palm on it with your fingers facing down and arm straight, and side-bend your neck towards the opposite side. You will feel a stretch in your arm, shoulder and slightly into the side of your neck. This exercise is a nerve stretch.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/eWAS25uPe9Y>

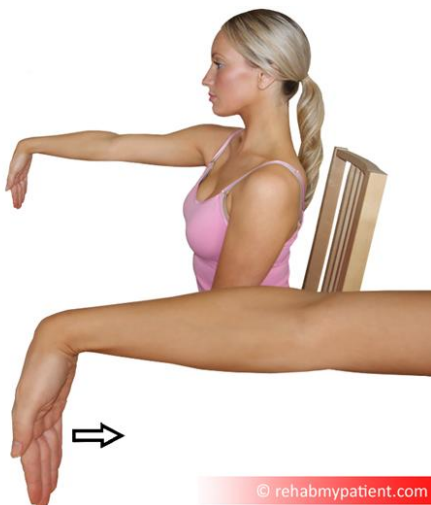


Triceps stretch

Lift your arm above your head, and try to pull your arm back down while putting resistance through the elbow. Your arm should not move. You should feel a stretch under your arm (between your elbow and shoulder). This exercise stretches the tricep muscle.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/5U_L-YJTxpc



Wrist flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/ZwWbkgXE31k>

Wrist flexion passive

Use your hand to bend your own wrist. Make sure you keep your wrist relaxed. This is a passive exercise used to improve the mobility of the wrist and stretch the forearm muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/OzDBYP1X0jg>



Wrist flexion isometric

Resist bending your wrist. Your wrist should not move. This is a strengthening exercise for the wrist and elbow.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/82QVCyyl-F8>



Wrist flexion dumbbell

Rest your hand and wrist on a table. Hold a dumbbell, and bend your wrist. This is a strengthening exercise for your wrist, forearm and elbow. 15 Reps.

Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/A5wNJb2ZfOg>

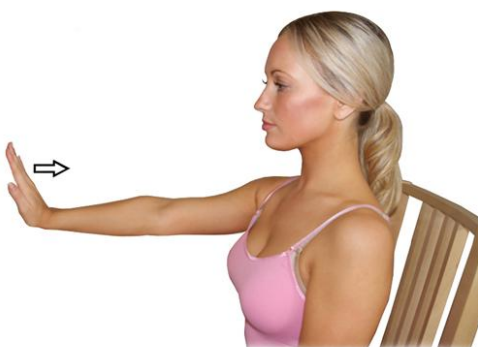


Wrist extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/mdrFgA30AwE>





Wrist extension passive

Use your hand to extend your own wrist. Make sure you keep your wrist relaxed. This is a passive exercise used to improve the mobility of your wrist, and to stretch the forearm muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/iOSR-EQr6Wk>



Wrist extension isometric

Resist extending your wrist. You can do this by placing your hand in front of you, horizontally. Place your other hand on top of your wrist and resist the movement of your hand upwards. Your wrist should not move. This is a strengthening exercise for the wrist, forearm and elbow.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/eN11ojJIVZE>



Wrist extension dumbbell

Rest your arm on a table with your palm facing down. Hold a dumbbell and extend your wrist. This is a strengthening exercise for the wrist, forearm, and elbow. 15 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/y1SmRfd_1Po



Eccentric Wrist Flexion

Rest your arm on a table with your palm facing up, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull the hand back down. This is a strengthening exercise for the wrist, elbow and forearm and can be useful for golfer's elbow. 15 reps.

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/BLkFu48ejLo>

Ulnar and radial deviation

Hold your arm in front of you, with your thumb facing up. Deviate your hand to one side, and then the other. This exercise will help improve the mobility of your wrist.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/PQ33Dz5eoDE>



Radial deviation stretch

Hold your arm in front of you, with your thumb facing up. Pull your hand to the side of your thumb, to create a stretch on the outside of the wrist.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <https://youtu.be/Ar2PdKk-nTg>



Ulnar deviation stretch

Hold your arm in front of you, with your thumb facing up. Pull your hand to the side of your little finger, to create a stretch on the inside of your wrist and forearm.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/8IWdPDFtBB0>



Ball squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeezable items. 15 squeezes on each hand.

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/EMx8Ufccvik>



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Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stabletherapycentre@gmail.com. Good luck and keep with it!