

# Wrist Exercises out of splint

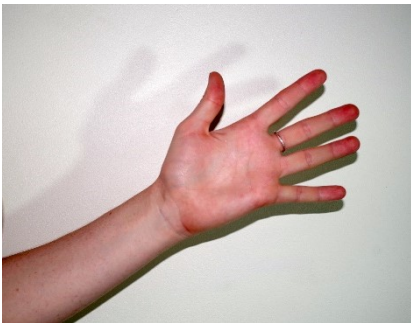
## Summary Points to Remember

- When the specialist advises you can start exercises out of your splint, perform these exercises **4 times a day** to improve wrist flexibility

## Exercises:

- Open and close your hand – repeat 10 times

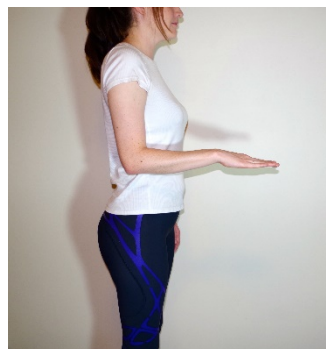
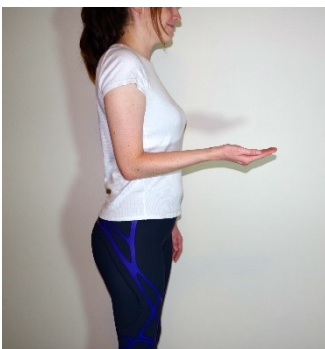
Progression: Hold a soft ball/rolled up pair of socks. Squeeze and relax – repeat 10-15 times



- Move your wrist up and down – repeat 10-15 times



- Forearm rotations – with your elbow bent to 90 degrees by your side, rotate your palm up and down – repeat 10-15 times



## Physiotherapy:

If you would like to see a physiotherapist

- Speak with your local doctor (GP) about physiotherapy options in your area **or**;
- Contact the Virtual Fracture Clinic to arrange physiotherapy at the hospital (Medicare bulk billed)



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