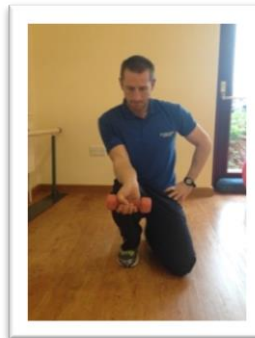


Wrist Exercises 2014

The exercises listed below are part of a treatment regime for patients attending The Police Rehabilitation Centre. They are reproduced here as an aide memoire for those patients. The exercises have been designed to cover a range of abilities and should not cause any harm. Consult a Chartered Physiotherapist or your GP before embarking on any new fitness regime, and if you do experience any pain or discomfort as a result of these exercises, stop immediately and speak to a health professional.

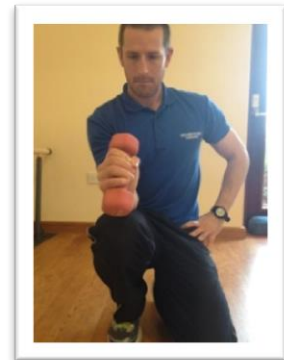
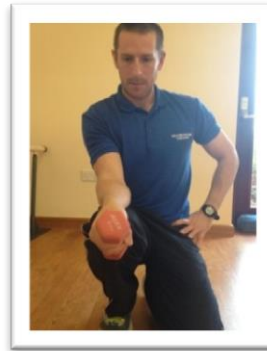
Wrist flexion/extension

- With a dumbbell in your hand, elbow bent at 90⁰ tucked against your body, keep your knuckles facing up to the ceiling.
- Move your knuckles down towards the floor (flexion).
- Return to the start and then pull your knuckles towards your forearm (extension).
- Keep your elbow still and bent at 90⁰ throughout.



Ulna/Radial Deviation

- Hold a barbell roughly in the centre with one hand, elbow bent at 90° and tuck it against your body keeping your thumb facing up to the ceiling.
- Tip your thumb forward so the lower section of the bar moves towards your forearm and the top section of the bar moves away from you.
- Return back to the start position and then do the opposite movement (pull the top of the bar towards your shoulder and the bottom of the bar away from you)
- Keep your elbow still and bent at 90° throughout.



Wrist Pronation/Supination

- Hold a barbell roughly in the centre with one hand, elbow bent at 90° tucked against your body.
- Turn your hand over so your palm faces the floor, pause, and then turn your hand over to face the ceiling.
- Keep your elbow still and bent at 90° throughout.

