

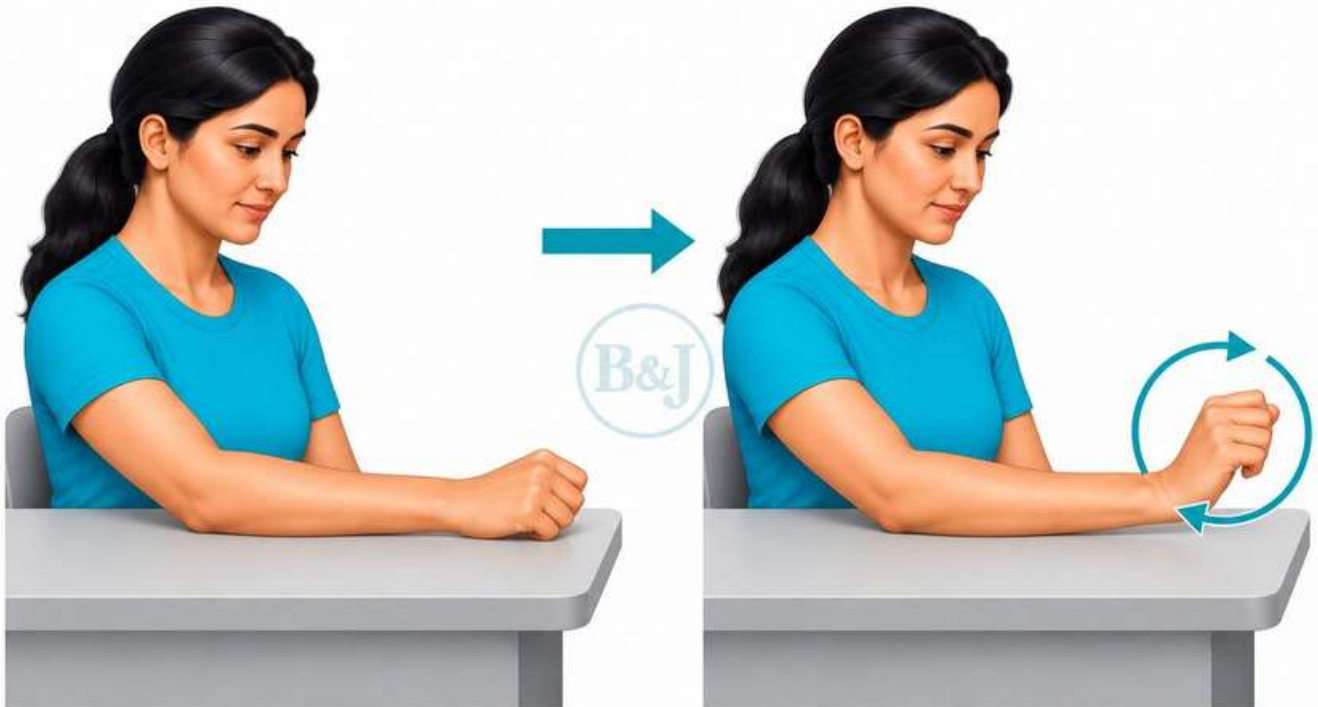
Wrist mobility exercises

Ganglion



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Wrist circles



Slow circles in both directions.

10 each way

2 times a day

✓ **Should feel**
Free movement

✗ **Should not feel**
Pain over the lump



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Wrist side to side



Gentle side-to-side movement.

10 times

2 times a day

✓ **Should feel**
Free movement

✗ **Should not feel**
Sharp pain



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sheet 24

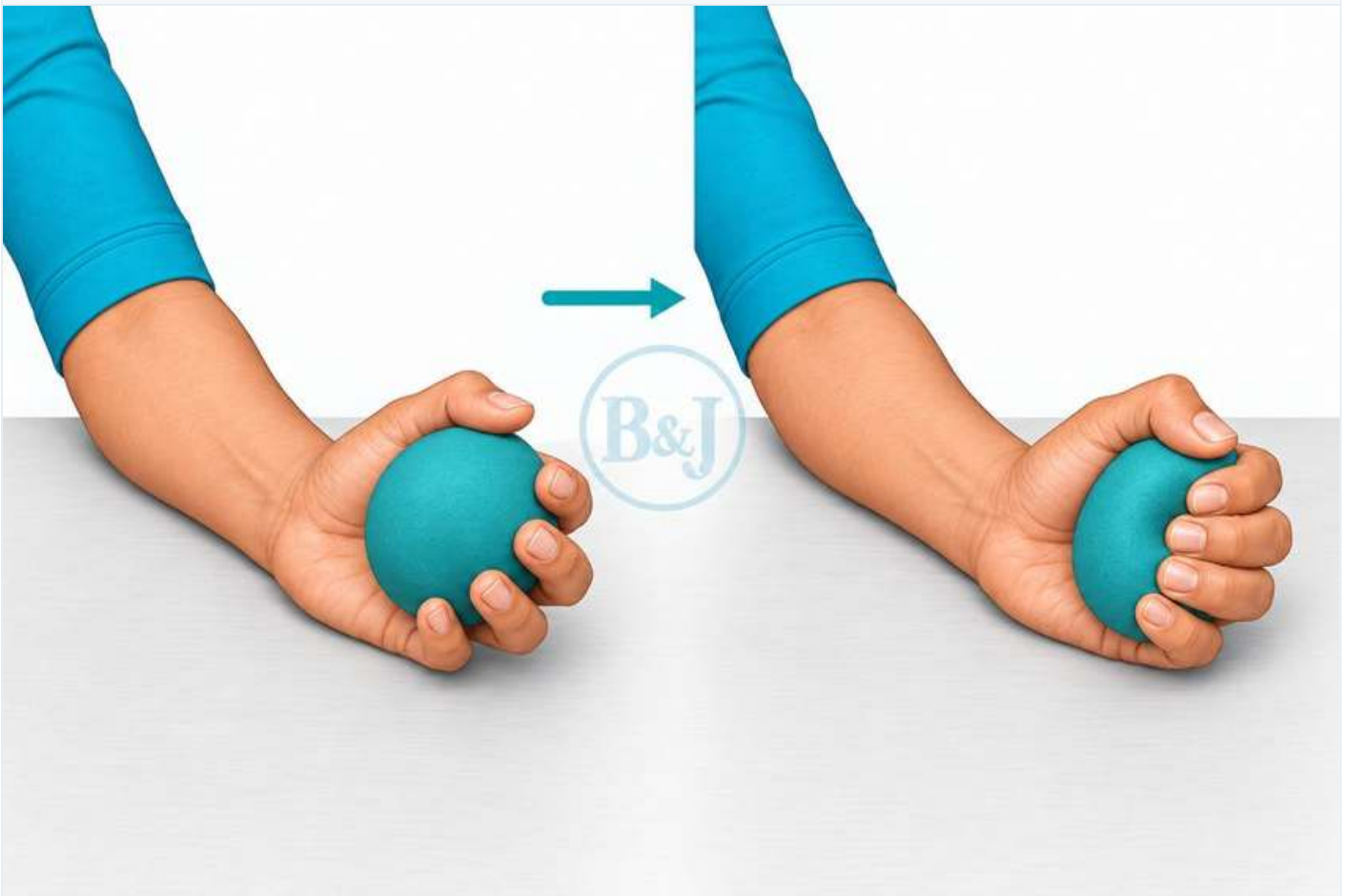
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3

Grip squeeze



Gentle squeezing to maintain strength.

10 times

Daily

✓ **Should feel**

The hand working

✗ **Should not feel**

Pain

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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