

Wrist exercises for little-finger-side pain

Pain on the little-finger side of the wrist



How to use this sheet. If we gave you a wrist splint, wear it as we advised and take it off only for these exercises. If the splint stops the forearm turning, keep it on and do only the first exercise until we tell you. Keep the wrist straight, in line with the forearm, and move slowly within comfort. **Avoid:** bending the wrist towards the little finger under load, wringing out clothes, twisting open tight lids, and pushing up from the floor or a chair with this hand. Start the three pressing exercises (the last three on this sheet) only when the pain has settled. Grip strengthening starts later, when we tell you.

1

Composite fist



Make a full fist slowly, then open fully.

10 times

3 times a day

✓ Should feel

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— or मराठी — or ask for

sheet 26



✗ Should not feel

Nallasopara West
Catching that hurts

87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.

2

Forearm rotation



Elbow tucked in, turn the palm up and down slowly.

10 times

2 times a day

✓ **Should feel**
Free movement

✗ **Should not feel**
Clicking with pain



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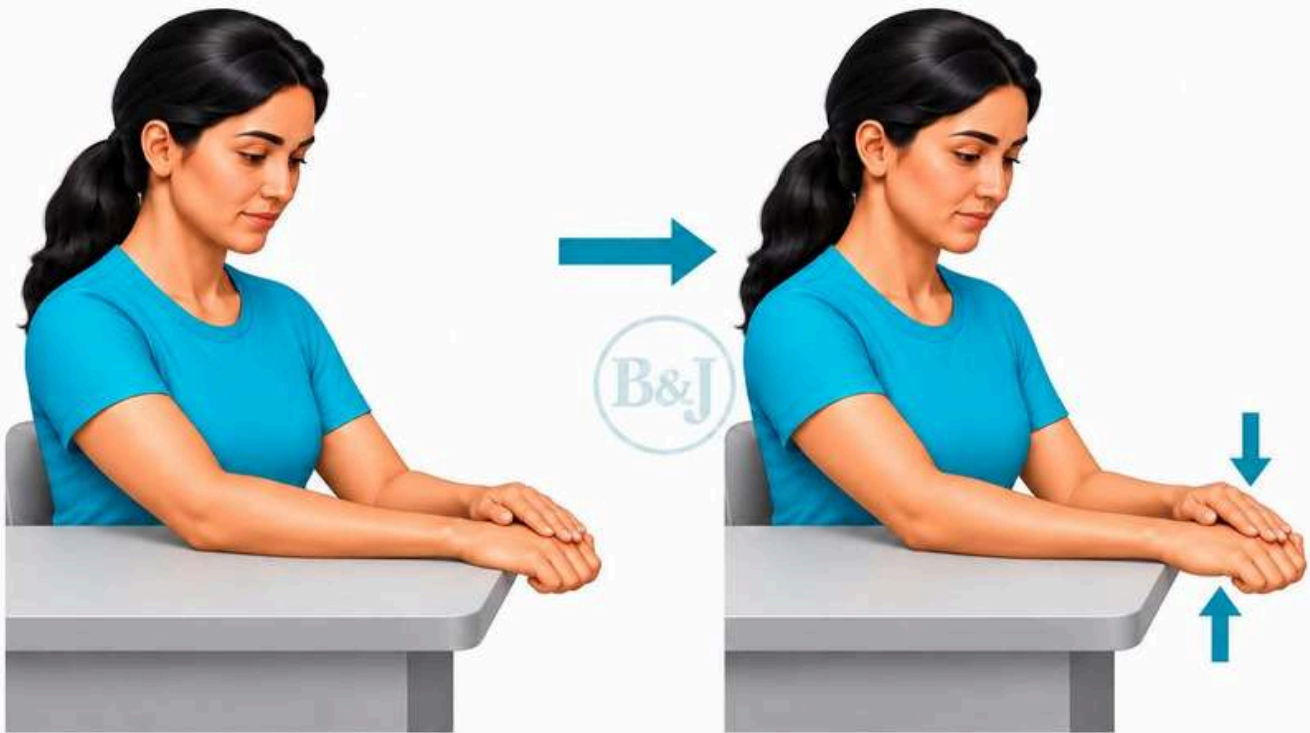
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3

Isometric wrist extension



Press the back of the hand upwards against the other hand without moving.

Hold 10 seconds

10 times

✓ Should feel

The forearm working

✗ Should not feel

Pain



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4

Isometric wrist flexion



Press the palm downwards against the other hand without moving.

Hold 10 seconds

10 times

✓ **Should feel**

The forearm working

✗ **Should not feel**

Pain



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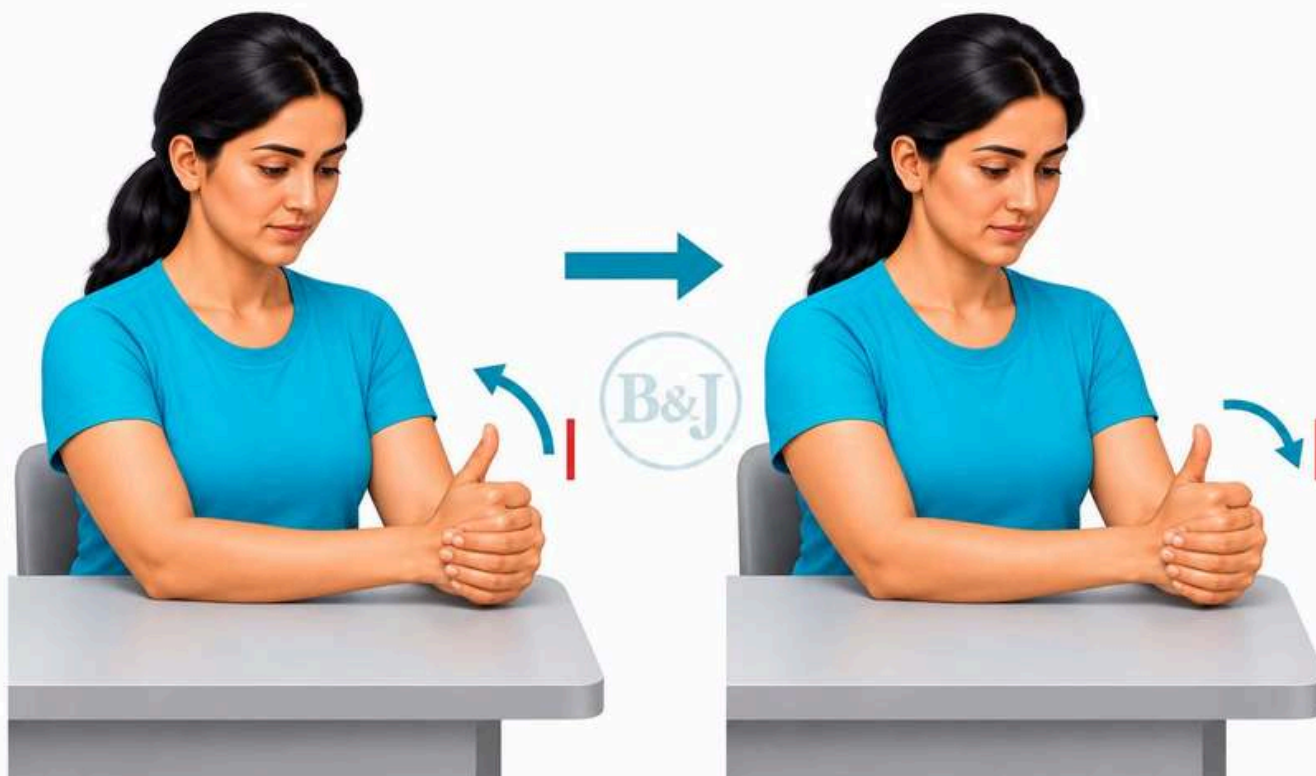
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5

Isometric forearm turn



Sit with the elbow bent and tucked in, wrist straight. Hold the hand of the painful wrist with the other hand and try gently to turn the palm up, then down, without letting it move.

Hold 5 seconds

10 times

✓ Should feel

The forearm working

✗ Should not feel

A clunk or pain on the little-finger side of the wrist

Stop and telephone us if

- The wrist clicks, catches or gives way, or keeps clunking
- You have a fever, or the wrist becomes very warm, red or swollen
- You have a bad fall or injury, the forearm becomes very painful or looks bent, or you cannot use the hand
- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness



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