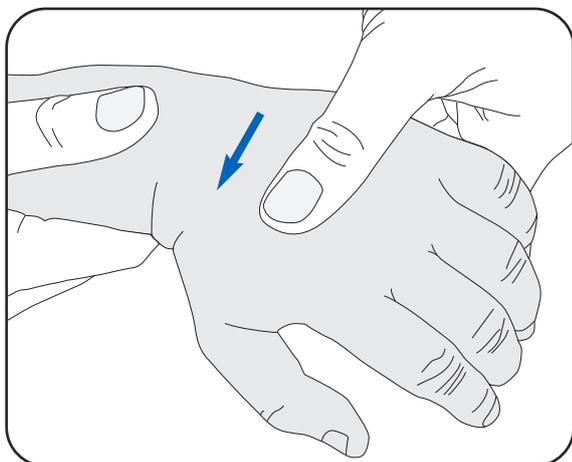


Paediatric Wrist Exercises

The exercises below can be completed with the child in lying or sitting dependent on their age. Ensure the shoulder/elbow/forearm/hand is positioned and supported adequately as shown by your therapist. These exercises are designed to move and stretch the affected areas. Only do the exercises that your child's therapist has advised. Aim to complete 2 repetitions of each exercise, holding each stretch for 30 seconds, two times a day. These exercises may cause a little discomfort. If your child experiences significant discomfort during the exercises or you have any concerns please discuss with your child's therapist (Tel: 020 8909 5820/5519).

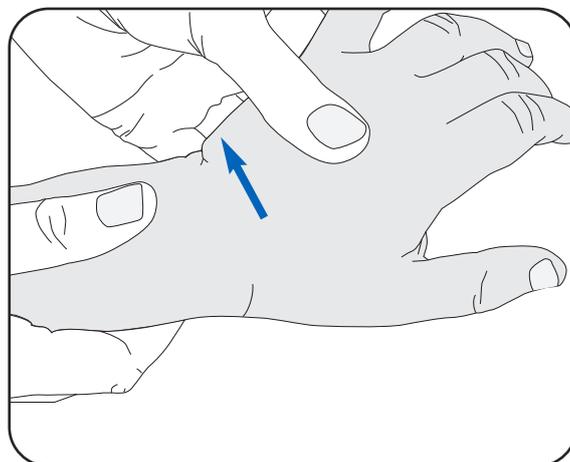
1 Wrist Radial Deviation

Hold either side of the wrist as shown and move the wrist towards the thumb.



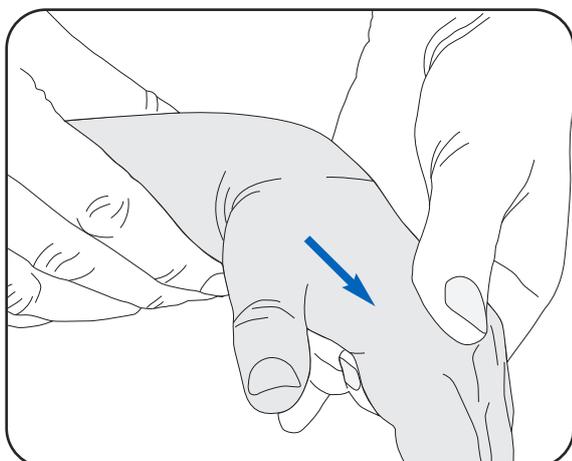
2 Wrist Ulna Deviation

Hold either side of wrist as shown and move the wrist towards the little finger.



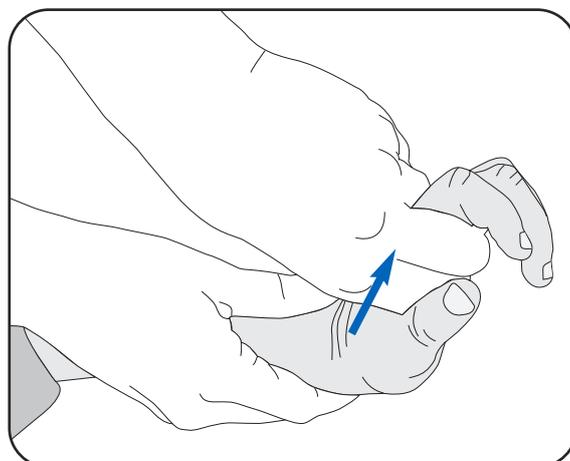
3 Wrist Flexion

Hold either side of wrist as shown and move the wrist downwards.



4 Wrist Extension

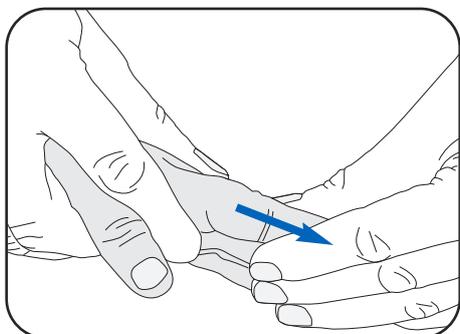
Hold either side of wrist as shown and move the wrist upwards.



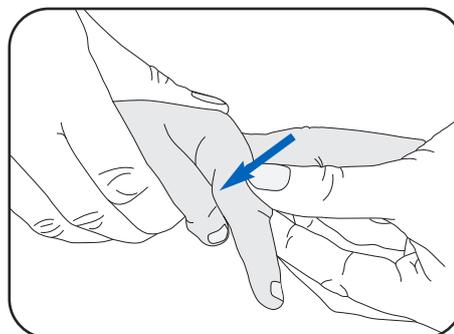
Paediatric Fingers/Thumb Exercises

The exercises below can be completed with the child in lying or sitting dependent on their age. Ensure the shoulder/elbow/forearm/hand is positioned and supported adequately as shown by your therapist. These exercises are designed to move and stretch the affected areas. Only do the exercises that your child's therapist has advised. Aim to complete 2 repetitions of each exercise, holding each stretch for 30 seconds, two times a day. These exercises may cause a little discomfort. If your child experiences significant discomfort during the exercises or you have any concerns please discuss with your child's therapist (Tel: 020 8909 5820/5519).

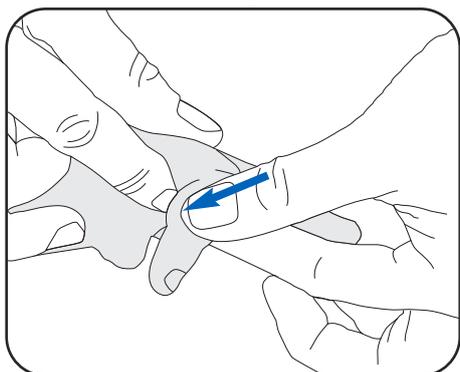
- 1 Finger Extension**
Support the fingers as shown to bring them into a straight/extended position.



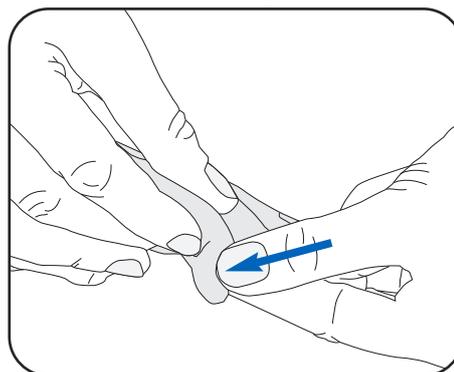
- 2 Finger MCP joint flexion**
Hold the fingers as shown, bending/flexing each individual finger at the knuckle/MCP joint.



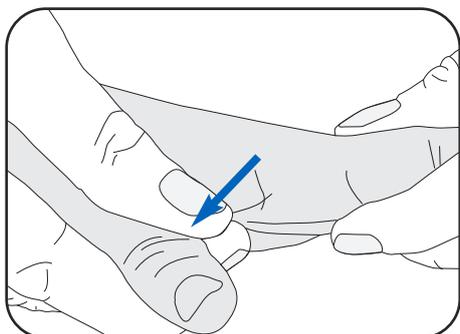
- 3 Finger PIP joint flexion**
Hold the fingers as shown, bending/flexing each individual finger at the middle joint.



- 4 Finger DIP joint flexion**
Hold the fingers as shown, bending/flexing each individual finger at the end joint.



- 5 Thumb abduction/web space stretch**
Hold thumb and index finger as shown and move thumb outwards to stretch thumb web space.



- 6 Thumb IP joint extension/flexion**
Hold the thumb at either end, and straighten/extend then bend/flex the joint.

