



**University
Hospitals Sussex**
NHS Foundation Trust

Elbow and wrist exercises

Physiotherapy department

Patient information

What is this information about?

This information is about you how to do basic elbow and wrist exercises.

It tells you:

- what exercises you can do to help heal and strengthen your arm
- who to contact if you need further help and support.

Why have I been given this information?

You have been given this information because, if you follow the advice in it, it will help you to move your elbow and wrist and prevent stiffness.

Doing the exercises shown below will help you to get back to moving your elbow in the way that you did before your injury as far as possible.

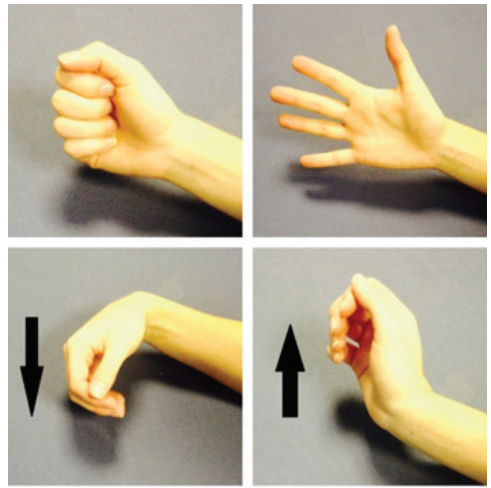
How often should I practice these exercises?

Aim to practice all exercises **5 times a day**. They should not cause you too much pain. Do less if they are making your pain worse.

Finger and wrist bending and straightening

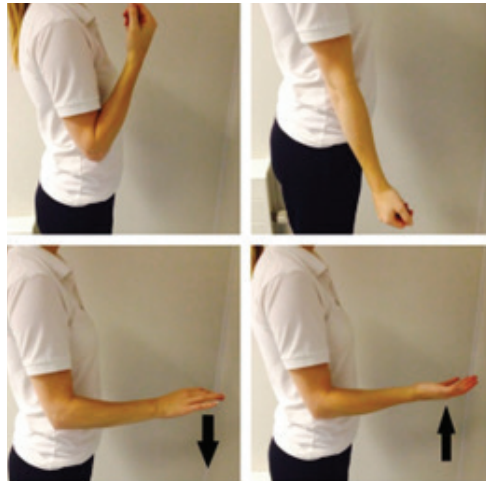
Open and close your hand as shown ten times. Then move your wrist up and down **10 times**.

After a few days move on to holding a soft ball or a ball of socks. Squeeze the ball as hard as you can without it causing you pain. **Hold for 5 seconds and repeat 10 times.**



Elbow bend to straighten

Bend and straighten your elbow as far as you can without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to help if necessary.



Forearm rotations

Keep your elbow at your side and bent to 90 degrees (a right angle) so your arm is in an L shape by your side. Slowly turn your palm up and down. You should not feel more than a mild to moderate stretch. You can use your other arm to help if you need to.

Repeat 10 times if there is no increase in pain.



If you would like further information or support after you have read this information, please contact the Virtual Fracture Clinic.

How do I contact the Virtual Fracture Clinic?

Working hours: Monday to Friday 8.30am to 4.30pm. We aim to respond to messages within 24 hours during these times. At times you may receive a call outside of these hours.

Worthing

01903 205111 Ext. 86312

uhsussex.vfc@nhs.net

St Richards

01243 788122 Ext. 35503

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This leaflet is intended for patients receiving care
in St Richard's Hospital and Worthing Hospital.

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