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Wrist extension exercises are rarely used in weight training programmes, although it is a great exercise for rehabilitation of injuries such as tennis elbow and sprains/fractures of the wrist. Support the arm on a bench or table as shown, with the palm facing downwards. Pull the wrist back so that the dumbbell moves towards the body.

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general advice following a wrist fracture. Keep your forearm still, and bend your wrist side to side as far as is comfortable.

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Repeat 10 – 20 times. Rest your forearm on a table. Turn your palm upwards as far as you can, then turn it down towards the floor. Keep your upper arm still throughout. Repeat 10 – 20 times.

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Theory and practical assessment of the sensorimotor system of the wrist. Top tips and applied theory for the treatment of pre-dynamic and dynamic instabilities. This presentation

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will be full of ideas for hospital and home based rehabilitation. The session will be delivered by NES Hands: Nicola Goldsmith, Elaine Juzl and Sarah Mee. Nicola and Elaine are Clinical Specialist Hand Therapists; Sarah is Consultant Hand Therapist.

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