

Hand and Wrist Post-Operative Exercises



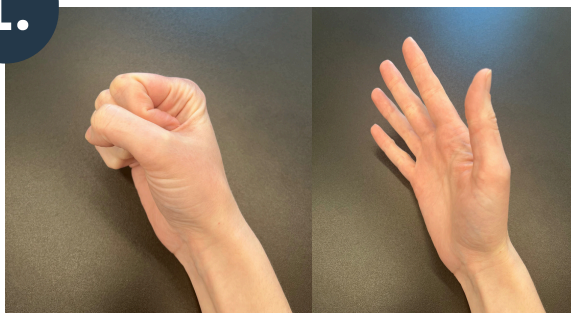
Orthopaedic Associates of Wisconsin

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The following exercises are recommended for reducing swelling and to prevent excess scar tissue. Be sure to review these with your physician and only to complete as directed. If you have questions or concerns, please follow up with your surgical team or therapist.

Complete each exercise 10 times, 2-3 times a day. Exercises should be pain free.

1.



Gently close fingers into a fist and straighten back out.

2.



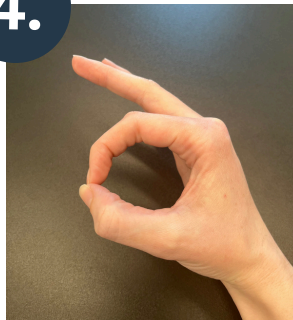
With palm on table, open and close fingers.

3.



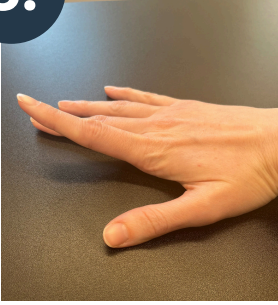
Keeping your largest knuckles straight, bend only your top two knuckles into a hook fist.

4.



Touch your thumb to each finger.

5.



With palm on table, lift and lower each finger, one at a time.

6.



Keep fingers relaxed and gently bend your wrist forward and backward.

7.



With your elbow held in at your side, turn your palm face down and face up.

Other Tips and Considerations for Optimal Healing:

- Stay hydrated by drinking plenty of water.
- Elevate the area to help reduce swelling.
- Use ice as directed to help manage swelling.
- If you have concerns about your swelling, scarring, or range of motion, talk to your physician to see if you may benefit from hand therapy.



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