Dr Geoffrey Smith

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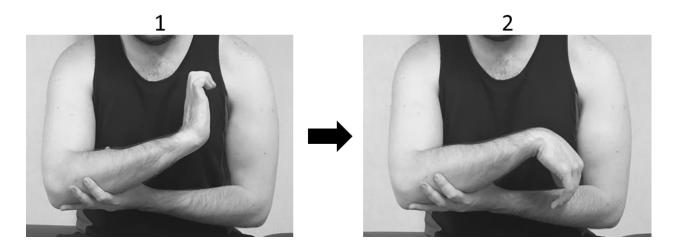


Hand and Wrist Exercises

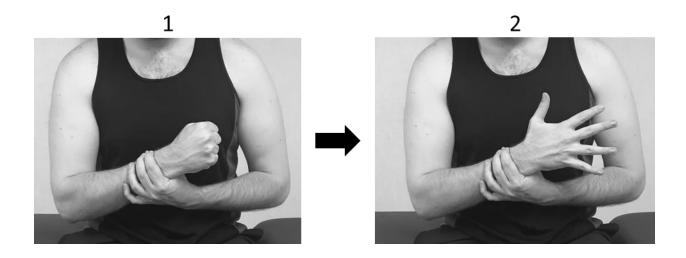
DO NOT PUSH PAST YOUR PAIN THRESHOLD

Do 10 repetitions 4 times a day

1) Gently bend and straighten your wrist as if waving goodbye



2) Make a fist, then stretch all your fingers out straight



All these exercises can be done while wearing your sling