

## Hand And Wrist Rehabilitation Theoretical Aspects And Practical Consequences

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Dr S C Halder - Hand Fractures Hand And Wrist Rehabilitation Theoretical

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This publication will appeal to a broad readership, from physiotherapists and occupational therapists, to surgeons and practitioners specialized in physical rehabilitation, to students in the fields of physiotherapy and occupational therapy.

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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. 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.

general advice following a wrist fracture

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Hand Surgery & Rehabilitation - Journal - Elsevier

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 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.