

Stretching and strengthening exercises

1. Wrist flexion

Keeping the elbow straight bend the wrist until you feel a pull on the top of the wrist and forearm. Hold this for 5-10 seconds and repeat 10 times twice a day.

2. Wrist extension

Keeping the elbow straight bend the wrist back so you can feel a pull on the palm side. Hold this for 5-10 seconds and repeat 10 times twice a day.

3. Grip strengthening

Squeeze a squash ball in the palm of your hand. This exercise must be done with the back of the hand in alignment with the forearm. Hold the squeeze for three seconds and release. Repeat this 20 times per day.

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- **PROTECT** – Protect the injured tissue from undue stress that may disrupt healing, and/or cause further injury. Make sure the mode of protection can accommodate swelling.
 - **REST** – This reduces the energy requirements of the area, avoids unnecessary increase in blood flow, ensures protection of the area and optimises health.

- **ICE** – Helps constrict blood vessels thereby limiting bleeding and reducing accumulation of unnecessary scar tissue. Crushed ice wrapped in a damp towel (to prevent ice burn) is best. It should be applied immediately after injury for 20 minutes, then every 3-4 hours. It should be applied for a maximum of 5-10 minutes over bony areas.
- **COMPRESSION** – Use of comprehensive bandaging or Tubigrip.
- **ELEVATION** – Lowers the blood pressure at the area and helps limit bleeding.

When following **PRICE** is also important to avoid **HARM**, hence the saying 'Give **PRICE** and avoid **HARM**'

Avoid:

HARM

- **H** – Heat (e.g. Hot bath, sauna)
- **A** – Alcohol
- **R** – Running
- **M** – Massage

These are all counter-productive to PRICE treatment.



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