Neurological Physiotherapy

Skill Number  U 10

Impairment  Loss of dexterity

Aim  To train wrist extension with radial deviation in preparation for reaching and manipulation

Right side affected

Rationale:
An important component of reaching and manipulation is wrist extension with radial deviation. Task-related training is set up so the patient can practice with manual guidance from the therapist if necessary.

Equipment:
• Table
• Chairs
• Small cylindrical object
• Plate

Key Points:
• Patient is positioned in sitting, arm supported on table, shoulder slightly flexed, elbow flexed and forearm neutral
• Patient holds a cylindrical objects and extends wrist
• It may be necessary to tape the cylinder into the hand if the patient is unable to grasp objects
• To progress this training, patient extends then radially deviates at the wrist.
• Ensure forearm remains in contact with the table
• Therapist is positioned to the side of the patient and provides manual guidance at the wrist if necessary
• Therapist provides cues for range of movement using a plate

Common Errors:
• Patient flexes elbow
• Patient abducts shoulder
• Patient fails to maintain radial deviation while extending the wrist

Progression and Variety:
• Decrease/remove manual guidance
• Remove support from plinth
• Increase amplitude of movement
• Increase speed of movement
• Increase circumference and/or weight of object in hand
• Sustain muscle contraction