**Wrist physiotherapy post immobilisation**

Warm water soaks

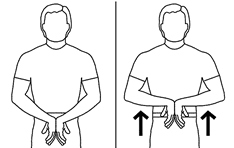
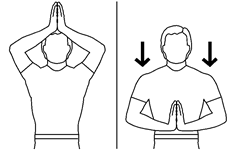
Clenching and releasing and rotating wrists under warm water

A picture containing text, clipart

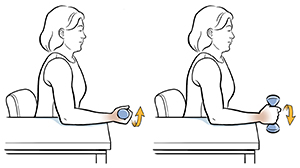
Description automatically generatedDiagram

Description automatically generated

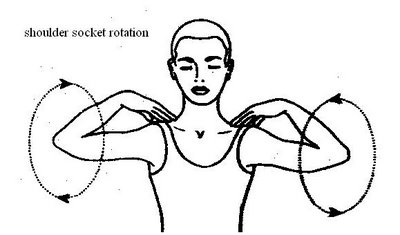
Prayer and reverse prayer



Forearm rotations



Shoulder rotations



Ice after exercise for 10 min

