

Stress Loading Programme

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who need to improve the range of movement in their wrist OR for patients who have developed signs of Complex Regional Pain Syndrome.

What is stress loading?

This term refers to a specific set of exercises which are intended to improve the symptoms of a condition called Complex Regional Pain Syndrome (CRPS). Your therapist can give you more information on this condition if you are unsure about what it means.

How does stress loading help my condition?

Weight-bearing through the wrist is believed to be important to prevent bone demineralisation which can develop in patients with CRPS. It also helps to increase the range of movement at the wrist.

How do I do the exercises?

1. Spiky Ball

- Place the ball on a table.
- Standing over the table, press down on the ball with the affected hand and lean on the arm.
- Begin rolling the ball with a back and forth motion, applying as much pressure as possible.
- Try and keep the shoulder directly over the hand.
- Begin with 3 minute sessions, repeated 3 times daily.
- After one week increase to 5 minute sessions, repeated 3 times daily.
- After two weeks increase to 7 minute sessions, repeated 3 times daily.

2. Carry

- Whenever you are standing or walking, you should be carrying a weight in your hand. Start with a small weight (for example a purse or small book) and increase the weight each week.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Are there any reasons why I should not do these exercises?

Initially you may find these exercises difficult and painful. It is important that you persist but make sure you start with short sessions and gradually increase the length of time you spend doing the exercises.

Who can I contact if I have any concerns or questions about the exercises?

If you have any concerns or queries about any aspect of these exercises please speak to the therapist in charge of your care.

Name of therapist:

Contact telephone number:

Out of hours/emergency contact details:

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਰੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。