



This is a simple page where we summarize what you will find inside the PDF.

You will have access to a self-guided assessment through videos and photos that you can perform directly at home. This will help you choose the most appropriate protocol for your specific condition — instead of doing the usual random exercises.

We are physiotherapists, and our goal is to provide patients with as much clear and useful information as possible, so they can find the right path to overcome pain.

When to Seek Further Guidance

If, after about one month of exercises, your pain does not improve, or if during the program you experience doubts or sensations that concern you,

you can contact us by email so we can review your situation together and decide how to proceed.

 support@physiocarehub.eu

This guide does not replace a medical evaluation. It represents a physiotherapy-oriented assessment and a concrete first step toward recovery.

How This Guide Works

Inside this PDF you will find:

- simple questions
- guided movement tests

• progressive exercise protocols

Test 2 — Passive Wrist Extension



Starting Position:

Seated, elbow resting on the table, shoulders relaxed, hand positioned off the edge.

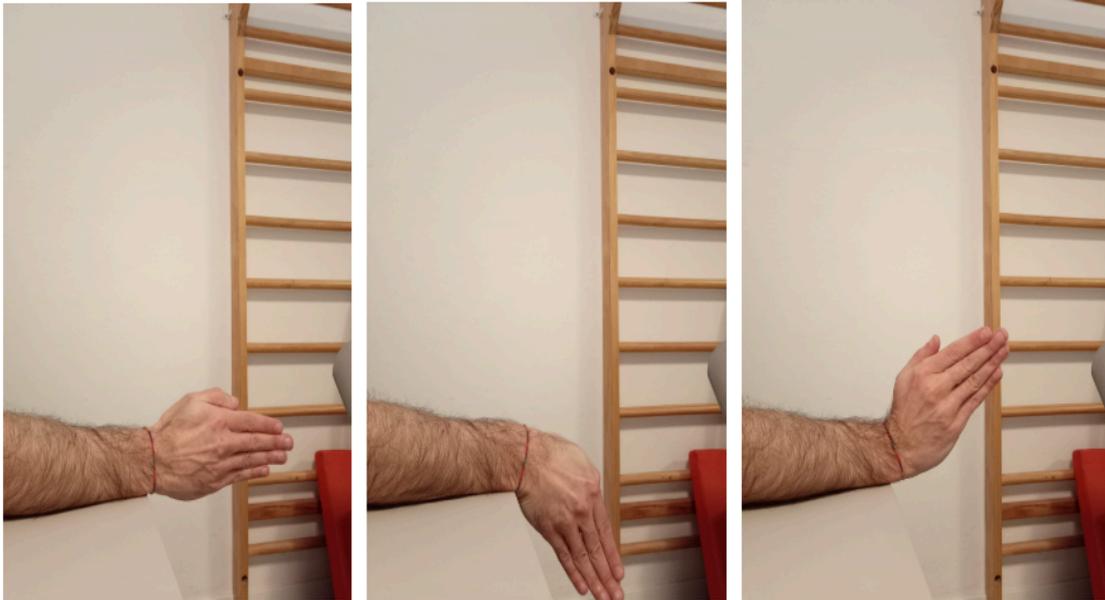
A Protocol A — Wrist Joint Restrictions

If you recognized yourself in the symptoms where you cannot move your wrist properly, such as a feeling of blockage and pain during passive movements, this suggests that the wrist

In practical terms, the radius and ulna may not be coordinating properly with the carpal bones, creating mechanical conflict.

In these cases, it is more common to experience:

Wrist Deviation



Seated, elbow supported and wrist off the edge of the table.

Tilt the wrist downward, as if slicing something, without moving the elbow, then bring it

Feel free to download the complete PDF and start taking care of your pain in a targeted and effective way.

We will always be here to address any doubt or question.

See you soon!

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