



PENINSULA HAND THERAPY

WRIST GROUP



WHAT IS WRIST GROUP?

- A supervised group session run by a Hand Therapist aimed at increasing strength, coordination, weight bearing tolerance, fine motor and gross motor skills.
- Aims to develop a functional based strength program according to your diagnosis and skill.
- Preparation for returning to your functional demands whether it be sport, recreation or work.

WHO IS IT FOR?

Anyone who is currently recovering from a wrist injury such as a wrist fracture, ligament injury or surgery.



DATE



TIME



LOCATION

Level 1, Suite 2, Main St
Mornington

LET US KNOW IF YOU WOULD LIKE TO ATTEND



(03) 5973 6911



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