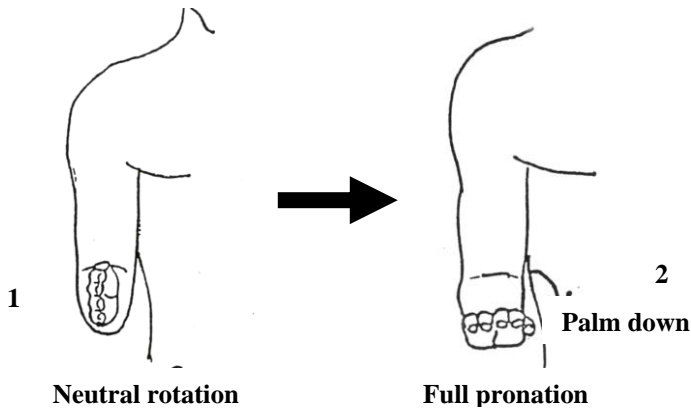


Wrist/forearm Exercises

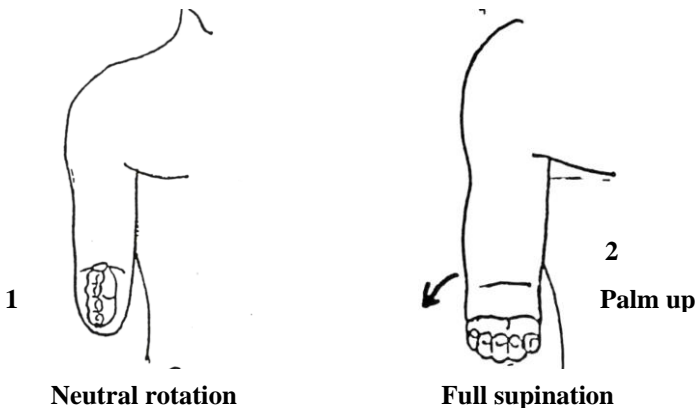
All exercises should be done slowly and smoothly. Maintain the desired position for 3-5 second before relaxing

Perform _____ repetitions _____ x day



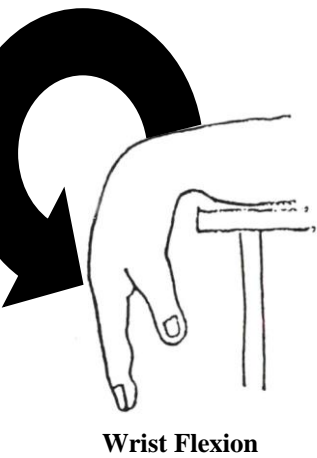
Pronation

- 1-Start with you elbow by your side and your elbow flexed (bent) 90° (right angle) and your thumb straight up
- 2-Rotate (turn) your forearm so the palm is down. Keep your elbow at your side



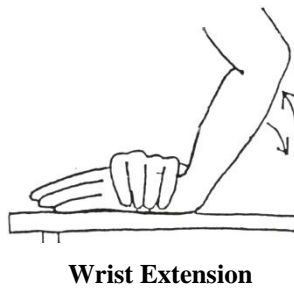
Supination

- 1-Start with you elbow by your side and your elbow flexed (bent) 90° (right angle) and your thumb straight up
- 2-Rotate (turn) your forearm so the palm is up. Keep your elbow at your side



Wrist Flexion

- Start with the forearm on a table with the palm down. Hang the hand well over the side
- Flex (bend) the hand as shown
- Give a little gentle extra push with the other hand
- Extend (raise) the hand up & repeat



Wrist Extension

- Start with the forearm flat on a table with the palm down
- Place the unaffected hand over the back of the affected hand, holding it flat on the table.
- Raise up your elbow so your wrist bends as shown.
- Try to get your elbow directly above your wrist.

