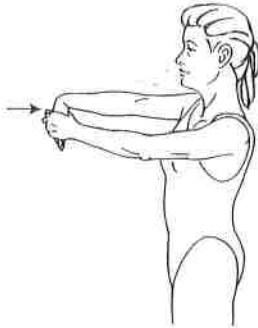


Wrist Range of Motion Exercises



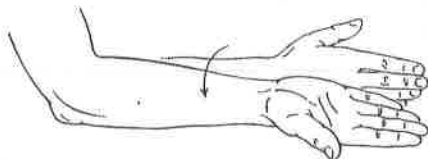
RANGE OF MOTION • Wrist Flexion

1. Hold your _____ wrist as shown with the fingers pointing down toward the floor.
2. Pull down on the wrist until you feel a stretch.
3. Hold this position for _____ seconds. Repeat exercise _____ times, _____ times per day.
4. This exercise should be done with the elbow *bent to 90 degrees / straight*. (Physician, physical therapist, or athletic trainer should circle one of these.)



RANGE OF MOTION • Wrist Extension

1. Hold your _____ wrist as shown with the fingers pointing away from the floor.
2. Pull up on the wrist until you feel a stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.
5. This exercise should be done with the elbow *bent to 90 degrees / straight*. (Physician, physical therapist, or athletic trainer should circle one of these.)



RANGE OF MOTION • Supination

1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm upward as far as possible.
3. Hold this position for _____ seconds and then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



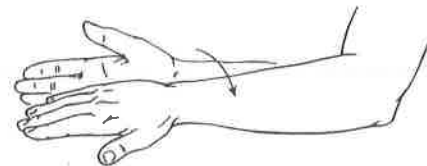
RANGE OF MOTION • Wrist Extension

1. Place the palm of your _____ hand flat on the top of a table as shown. Your fingers should be pointing backward.
2. Press down, bending your wrist and straightening your elbow until you feel a stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION • Wrist Flexion

1. Place the back of your _____ hand flat on the top of a table as shown. Your shoulder should be turned in and your fingers facing away from your body.
2. Press down, bending your wrist and straightening your elbow until you feel a stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION • Pronation

1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm down toward the floor as far as possible.
3. Hold this position for _____ seconds and then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



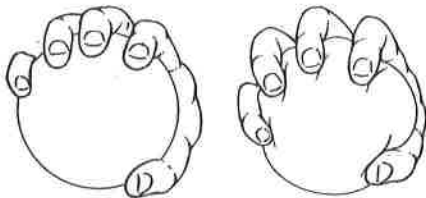
STRENGTH • Supination

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing the floor.
2. Hold a _____ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up” position.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.



STRENGTH • Pronation

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing up toward the ceiling.
2. Hold a _____ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up” position.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.



STRENGTH • Grip

1. Hold a wad of putty, soft modeling clay, a large sponge, a soft rubber ball, or a soft tennis ball in your hand as shown.
2. Squeeze as hard as you can.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.