




Wrist & Elbow Range of Motion Home Exercise Program



You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: NJNF88N8

All stretches should be completed as 3 sets of 30 seconds, unless otherwise instructed. Upper extremity stretching should be completed 2-3 times per day. These stretches should be performed on both upper extremities following a good warm-up.

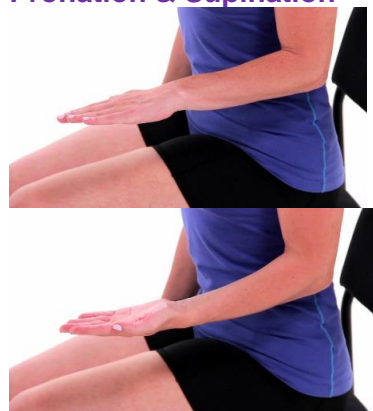
<p>Wrist Flexion</p> 	<ul style="list-style-type: none">• Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.• Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.
<p>Wrist Extension</p> 	<ul style="list-style-type: none">• Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.• Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.
<p>Prayer Stretch</p> 	<ul style="list-style-type: none">• Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.• Hold for about 15 seconds before trading positions• Place the backs of your hands together in front of your body, then lower your elbows until you feel a stretch in the back of your wrists, and hold.

Elbow Flexion & Extension



- Begin in a standing upright position with one palm facing forward.
- Gently bend your elbow, bringing your hand toward your shoulder, then return to the starting position and repeat.

Pronation & Supination



- Begin sitting upright in a chair with one arm bent to 90 degrees, palm facing up, and fingers straight.
- Rotate your forearm inward, then outward, and repeat.
- Make sure to only move your forearm, and keep your wrist straight during the exercise.

Grip Strength



- Begin sitting upright in a chair with your arm resting on a table holding a sponge with your palm face down.
- Gently squeeze the sponge with all of your fingers, then relax and repeat.