

Date:
Patient Name:



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.



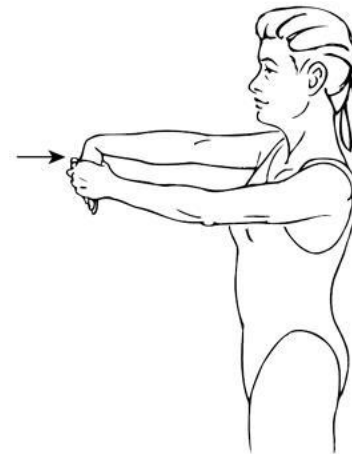
RANGE OF MOTION • Wrist Flexion

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 • Wrist Extension

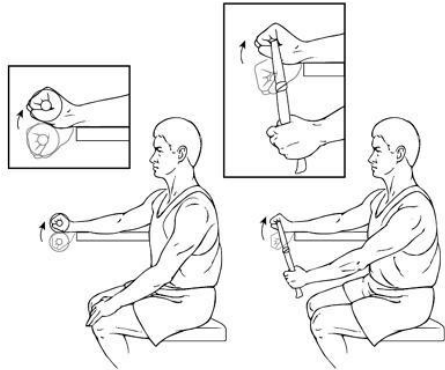
1. Hold your _____ wrist as shown with the fingers pointing away from the floor.
2. Pull up on the wrist until you feel a stretch.
3. Hold this position _____ for seconds.
4. Repeat exercise _____ times, _____ times per day.
5. This exercise should be done with the elbow **bent to 90 degrees / straight.**



RANGE OF MOTION • Wrist Flexion

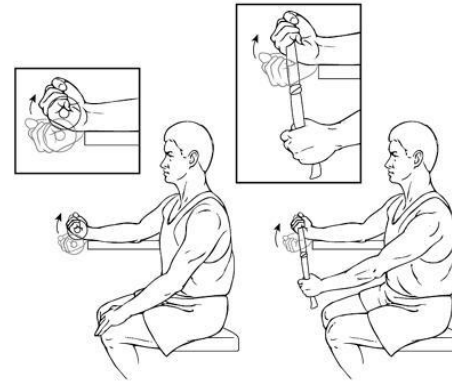
1. Hold your _____ wrist as shown with the fingers pointing down toward the floor.
2. Pull down on the wrist until you feel a stretch.
3. Hold this position for _____ seconds. Repeat exercise _____ times, _____ times per day.

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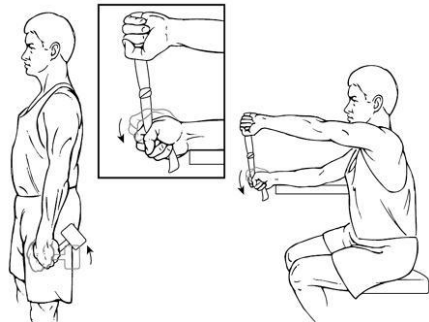
RANGE OF MOTION • Wrist Extensors

1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then **slowly** lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



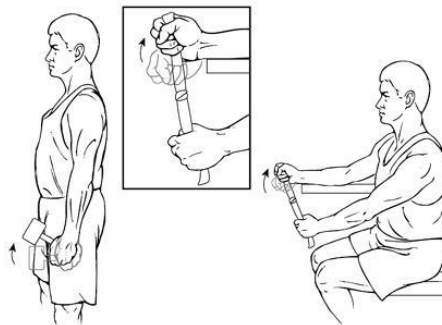
RANGE OF MOTION • Wrist Flexors

1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then **slowly** lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION • Wrist, Ulnar Deviation

1. Stand with a _____ oz. hammer in your hand as shown, or sit holding on to the rubber band/tubing with your arm supported as shown.
2. Raise your hand upward behind you or pull down on the rubber tubing.
3. Hold this position for _____ seconds and then **slowly** lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.

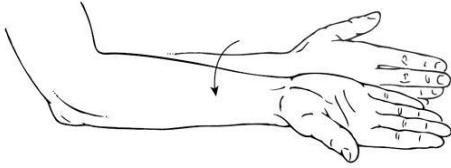


RANGE OF MOTION • Wrist, Radial Deviation

1. Stand with a _____ oz. hammer in your hand as shown, or sit holding on to the rubber band/tubing with your arm supported as shown.
2. Raise your hand upward in front of you or pull up on the rubber tubing.
3. Hold this position for _____ seconds and then **slowly** lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.

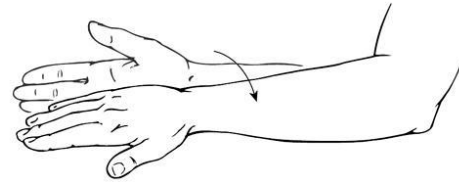
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RANGE OF MOTION •
Supination



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 •
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.