

Date:  
Patient Name:



\* Repeat exercise with a straight elbow

### STRENGTH • Supination

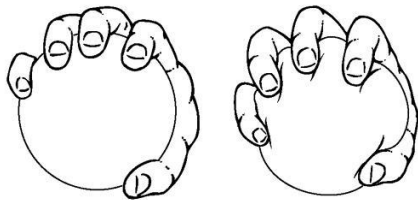
1. Sit with your forearm supported on a table and the hand over the edge and your palm facing the floor.
2. Hold a \_\_\_\_ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up” position.
4. Hold this position for \_\_\_\_ seconds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



\* Repeat exercise with a straight elbow

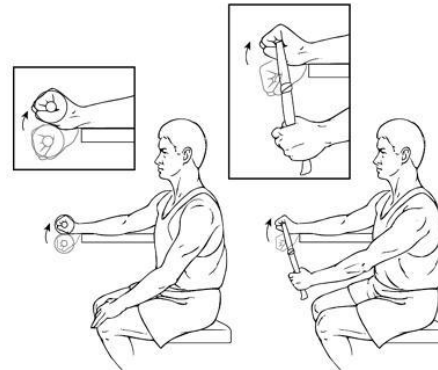
### STRENGTH • Pronation

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.

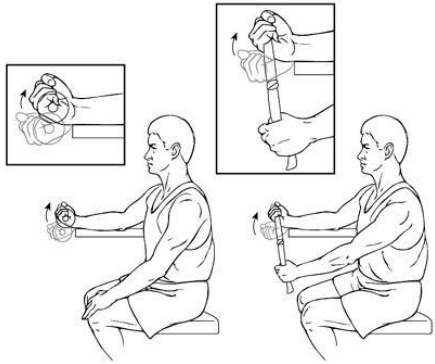


\* Repeat exercise with a straight elbow

### 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.

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**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.