

AT-HOME EXERCISES

WRIST/ELBOW



Wrist Extension (Active with Finger Extension)

With forearm on table and wrist over edge, lift hand with fingers straight.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



Radial/Ulnar Deviation: against gravity

With thumb facing you, gently bend wrist toward then away from you. Keep elbow bent and supported.

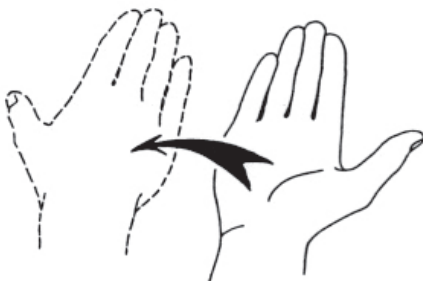
- Hold 15 repetitions per set.
- Do 3 sets per session.
- Do 2 sessions per day.



Wrist Extensor Stretch

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.

- Hold 15 seconds.
- Relax.
- Repeat 3 times.
- Do 2 sessions per day.



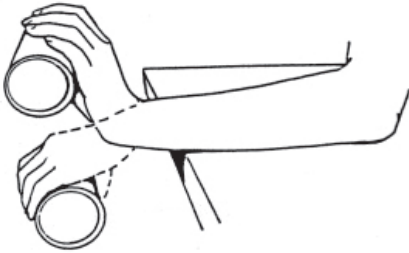
Forearm Pronation/Supination

Start with arm in hand-shaking position and slowly rotate palm down until a stretch is felt.

- Hold 15 seconds. Relax.
- Rotate palm up until a stretch is felt.
- Repeat 3 times.
- Do 2 sessions per day.

AT-HOME EXERCISES

WRIST/ELBOW



Wrist Extension (Resistive)

With wrist over edge of table, lift 6-12 ounces, keeping arm on table surface.

- Hold 10 seconds.
- Lower slowly.
- Repeat 3 times.
- Do 2 sessions per day.