

Date:
Patient Name:

RANGE OF MOTION • Elbow Flexion

1. Bend your _____ elbow as far as you can actively.
2. Try to bend it a little farther with the other hand as shown until you feel a gentle stretch.
3. Hold this position for _____ seconds and then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



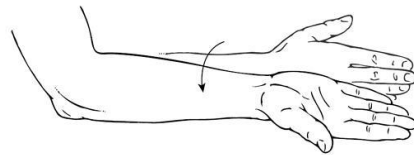
RANGE OF MOTION • Elbow Extension

1. Straighten your _____ elbow as far as you can actively.
2. Try to straighten it a little farther with the other hand as shown until you feel a gentle stretch.
3. Hold this position for _____ seconds and then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



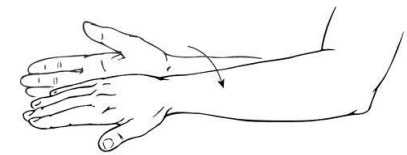
RANGE OF MOTION • Forearm Supination

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 • Forearm 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.



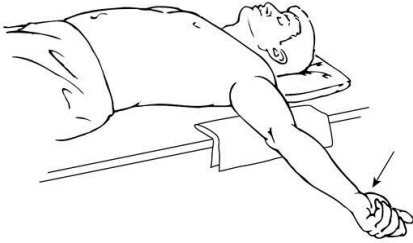
* Repeat Exercise with elbow straight

* Repeat Exercise with elbow straight

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RANGE OF MOTION •

Extension



1. Lie on your back and rest your elbow off the edge of the bed as shown. You may also sit at a table with the upper arm supported in a similar manner.
2. Let the gravity weight of your hand, wrist, and lower arm straighten your elbow until you feel a slight stretch.
3. You may hold a small weight in your hand or wear a weight around your wrist (____ lbs.) if approved by your physician, physical therapist, or athletic trainer to help stretch farther.
4. Hold this position for ____ seconds and then *slowly* return to the starting position.
5. Repeat exercise ____ times, ____ times per day.