

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.



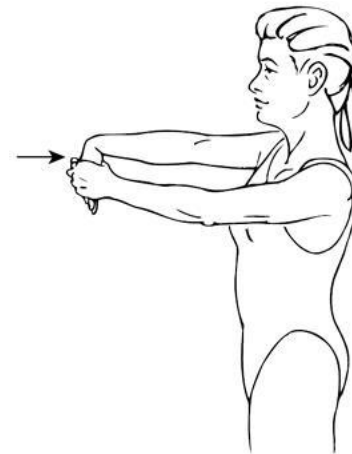
**RANGE OF MOTION • Wrist Flexion**

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**

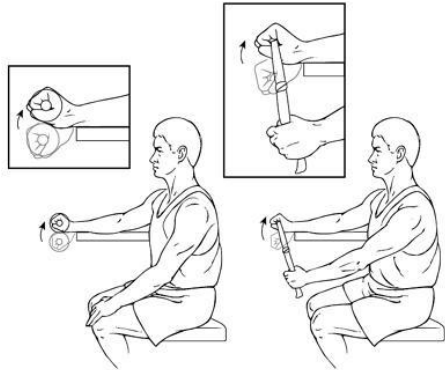
1. Hold your \_\_\_\_\_ wrist as shown with the fingers pointing away from the floor.
2. Pull up on the wrist until you feel a stretch.
3. Hold this position \_\_\_\_\_ for seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.
5. This exercise should be done with the elbow **bent to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



**RANGE OF MOTION • Wrist Flexion**

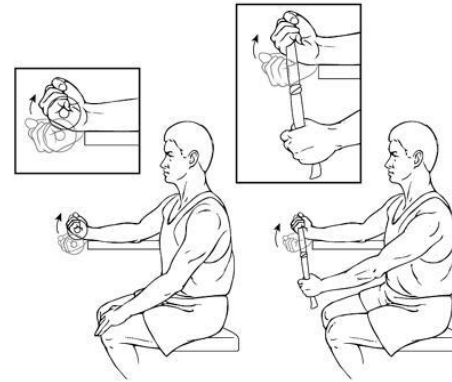
1. Hold your \_\_\_\_\_ wrist as shown with the fingers pointing down toward the floor.
2. Pull down on the wrist until you feel a stretch.
3. Hold this position for \_\_\_\_\_ seconds. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

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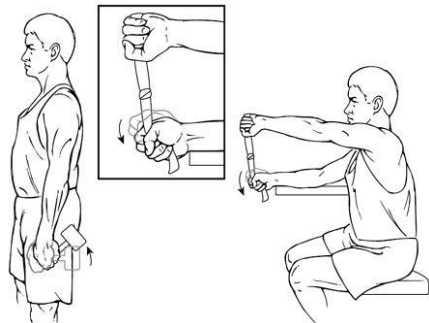
### RANGE OF MOTION • Wrist Extensors

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.



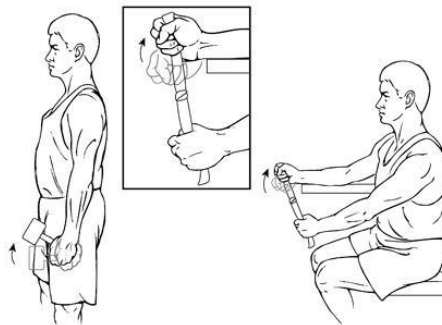
### RANGE OF MOTION • Wrist Flexors

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.

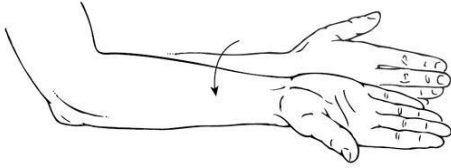


### RANGE OF MOTION • Wrist, Radial Deviation

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.

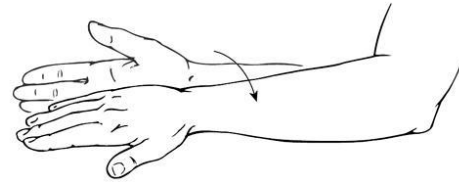
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**RANGE OF MOTION •**  
Supination



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.