

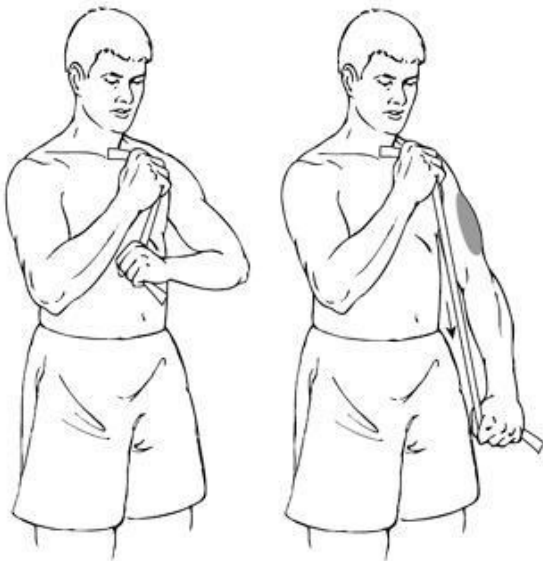
ELBOW & WRIST THERABAND EXERCISES

It is best to do any exercise slowly and with smooth motions. Be sure to breathe in through your nose and out through your mouth while exercising. You should never hold your breath while exercising because it may cause your blood pressure to rise.

Do each exercise _____ times a day.
Repeat each exercise _____ times.
Use _____ band for exercises.

ELBOW FLEXION

- Step out so that one foot is in front of the other.
- Place one end of an exercise band under your back foot, and hold the other end with your hand using one of two grips.
- Pull the band up with your hand, and curl your arm toward your shoulder

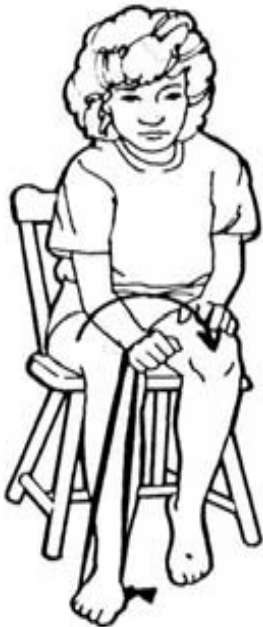
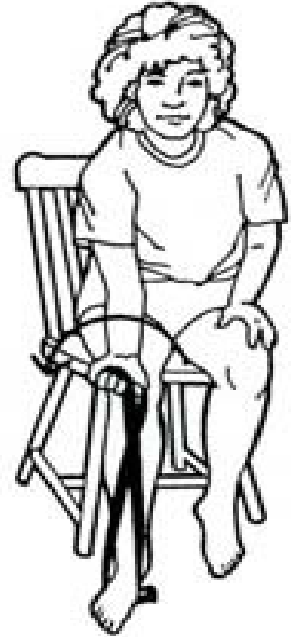


□ ELBOW EXTENSION

- Hold the rubber band/tubing with your _____ hand on the bottom as shown.
- Straighten out your elbow, stretching the rubber band/ tubing for resistance.

□ **WRIST SUPINATION**

- Place your forearm on the table with your elbow bent at 90 degrees
- Pull up on the theraband with a wrist motion only and slowly rotate your hand with palm upward.
- Use your other hand above to anchor the band.
- **Option:** Use a soup can or hammer for exercise

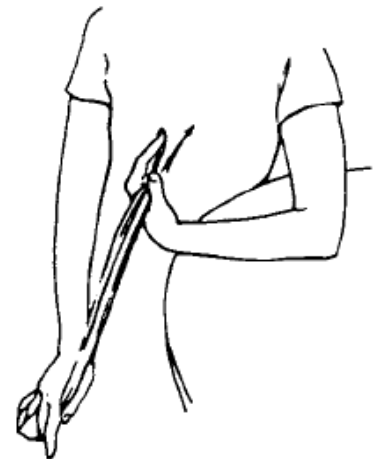


□ **WRIST PRONATION**

- Place your forearm on the table with your elbow bent at 90 degrees
- Pull down on the theraband with a wrist motion only and slowly rotate your hand with palm downward.
- Use your other hand above to anchor the band.
- **Option:** Use a soup can or hammer for exercise

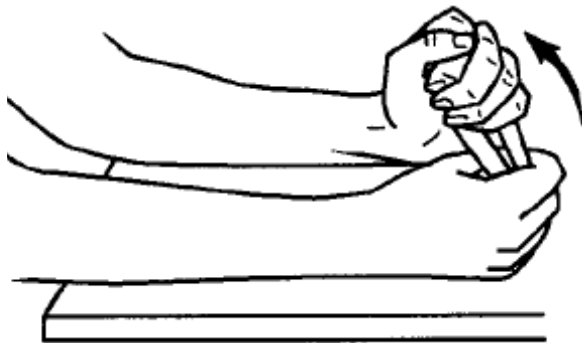
□ **WRIST FLEXION**

- Rest your forearm on a table, with your palm up and your wrist over the table edge.
- Pull on the band by bending your wrist only.
- Keep the other end steady.



□ **WRIST EXTENSION**

- Rest your forearm on a table with your palm down over the table edge.
- Pull up on the band using a wrist motion only.
- Keep the other end steady.



□ **WRIST RADIAL DEVIATION**

- Pull up on the theraband with a wrist motion only.
- Use your other hand below to anchor the band.

□ **WRIST ULNAR DEVIATION**

- Pull down on the theraband with a wrist motion only.
- Use your other hand above to anchor the band.

