ELBOW, WRIST & HAND FLEXIBILITY EXERCISES

Do each exercise _____ times a day.
Repeat each exercise ______ times.
Hold position exercise for ______ seconds.

☐ ELBOW FLEXION / EXTENSION
  o Begin by interlocking your fingers with the affected thumb on top
  o Hold your wrist to support the affected arm
  o Start with your arm straight and slowly bend your elbows, hold and then straighten your elbows.

☐ ELBOW SUPINATION / PRONATION
  o Begin by interlocking your fingers with the affected thumb on top
  o Hold your wrist to support the affected arm
  o Slowly rotate the affected arm so the palm of your hand faces upward and hold.
  o Slowly rotate the palm of your hand downward and hold.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
☐ WRIST FLEXION
  - Rest your palm at the edge of a table.
  - Hold it steady with your other hand on top.
  - Bring your elbow downward and hold.

☐ WRIST EXTENSION
  - Lift your hand at the wrist and push back as far as you can, using your other hand and hold.

  - **Option 1:** Keep your palm on the table. Hold it steady with your other hand on top and lift the elbow upward and hold.
  - **Option 2:** Rest your hand with your palm on your hip. Move your elbow out at your side and hold.

☐ WRIST RADIAL / ULNAR DEVIATION
  - Put your wrist and palm on the table.
  - Place your other hand on top to keep it steady while you slowly bring the elbow inward and hold.
  - Slowly bring the elbow outward and hold.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
□ MCP FLEXION
  ○ Use your other hand to gently bend finger at large knuckle as far as possible and hold.

□ PIP FLEXION
  Use your other hand to bend the middle joint of the finger down as far as possible and hold.

□ DIP FLEXION
  ○ Use your other hand to gently bend the tip joint of the finger as far as possible and hold.

□ PIP / DIP COMPOSITE FLEXION
  ○ Use your other hand to bend the middle and tip joints of the finger as far as possible and hold.

□ MCP / PIP / DIP COMPOSITE FLEXION
  Use your other hand to bend the finger at all three joints and hold.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.