ACTIVE ELBOW, WRIST & HAND RANGE OF MOTION EXERCISES

Do each exercise _____ times a day.  
Repeat each exercise ______ times.

☐ WRIST FLEXION / EXTENSION  
  o Rest your forearm firmly on a table top and hang your hand over the edge of the table.  
  o Bend your wrist up and down as far as possible.

☐ WRIST CIRCLES  
  o Rest your forearm firmly on table top and hang your wrist over the edge of the table.  
  o Move your wrist in circles to the right and to the left.

☐ WRIST RADIAL / ULNAR DEVIATION  
  o Put your forearm with your hand, palm down, on the table.  
  o Move your hand toward the little finger side.  
  o Then move the hand toward the thumb side.  
  o Keep your forearm still.

*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 SUPINATION / PRONATION
  o Place your arms at your side with elbows bent.
  o Turn your hand so that the palm faces up to the ceiling.
  o Now turn your hand so that the palm faces down to the floor, keeping your elbow tucked in at your side.

□ ELBOW FLEXION / EXTENSION
  o Place your arms down at your side with elbows straight. Bend the elbow and bring your hand up to touch your shoulder.

□ PIP / DIP FLEXION / EXTENSION
  o Make a tabletop with your fingers by keeping your wrists and your fingers straight.
  o Bend only at the knuckles.

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