

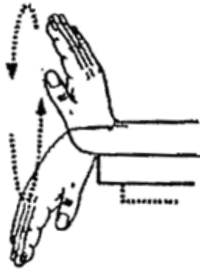
## Wrist & Elbow Exercises

These 5 exercises permit the wrist and elbow joints to gradually regain their full range of motion by employing the muscle groups involved.

Perform six repetitions of each exercise with the whole group performed 6-8 times per day.

### WRIST FLEXION/EXTENSION

- Rest your forearm firmly on a table top and hang your hand over the edge of the table.
- Bend your wrist up and down as far as possible.

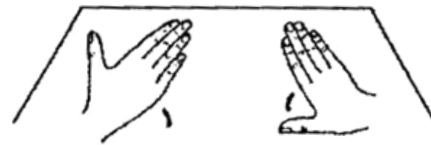


### WRIST CIRCLES

- Rest your forearm firmly on a table top and hang your hand over the edge of the table.
- Move your wrist in circles to the right and to the left.

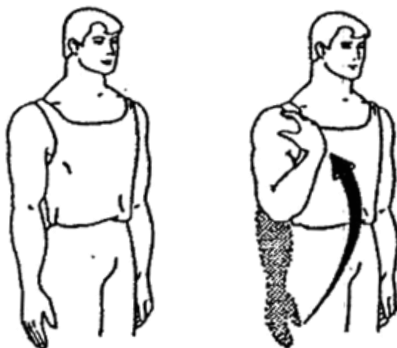
### WRIST RADIAL/ULNAR DEVIATION

- Put your forearm with your hand, palm down, on a table
- Move your hand toward the little finger.
- Then move the hand toward the thumb.
- Keep your forearm still.



### WRIST SUPINATION/PRONATION

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



### ELBOW FLEXION/EXTENSION

- Place your arms down at your side with elbows straight.
- Bend the elbow and bring your hand up to touch your shoulder.

