



Wrist/Elbow ROM

EXERCISES	REPS AND SETS	SPECIAL NOTES
Active Wrist Flexion/Extension	20 reps 2-4 sets	Hold at the end of each move for a 1 count.
Wrist Circumduction		Make as big a motion as possible.
Active Pronation/Supination		Make the motion come from your wrist not from moving your elbow.
Wrist Extension Stretch	8-15 reps 2-4 sets	Control the lower, remove the weight when rising. Palm down.
Wrist Flexion Stretch		Control the lower, remove the weight when rising. Palm up.
Active Elbow Flexion/Extension	20 reps 2-4 sets	Hold at the end of each motion for a 1 count. Flex and extend the elbow as far as you can tolerate.
Passive Elbow Extension	Hold for 10-20 sec Repeat 4-8 times	The point of your elbow should be hanging off the table to allow as big a range as possible.

WRIST/ELBOW ROM DESCRIPTIONS

Active Wrist Flexion/Extension



- Start with your arm out in front of you or down by your side.
- Bring your hand back as far as you can and hold for a 1 count, then lower and hold for a 1 count.

Wrist Circumduction



- Start with your hand out in front of you or to your side.
- Make big circles with your hand having all of the motion come from the wrist.
- Repeat in each direction.

Wrist Extension Stretch






- Start with a straight elbow. Grab the involved hand with the opposite hand.
- Gently push that wrist down feeling a stretch on the back side of your forearm.

Wrist Flexion Stretch



- Start with a straight elbow. Grab the involved hand with the opposite hand.
- Gently pull the hand up feeling a stretch on the front side of your forearm and inner part of your elbow.

Active Pronation/Supination	
	<ul style="list-style-type: none"> • Start with you elbow by your side and bent to 90 degrees. • Turn your palm down and hold for a 1 count, then turn your palm up and hold for a 1 count.
Active Elbow Flexion/Extension	
	<ul style="list-style-type: none"> • Start with your arm at your side. • Bring your hand up to your shoulder by bending your elbow, then lower down to start position.
Passive Elbow Extension	
	<ul style="list-style-type: none"> • Start sitting in a chair with your arm on a table. Have your upper arm resting on the table and your elbow and forearm hanging off. • Allow gravity to lower your arm down to a straightened position and hold.