

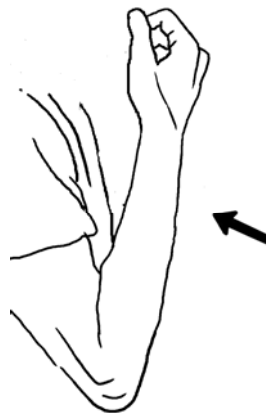
Occupational Therapy TOOLKIT

Elbow, Forearm and Wrist Active ROM Exercises

Perform the checked exercises _____ time(s) per day, _____ days a week

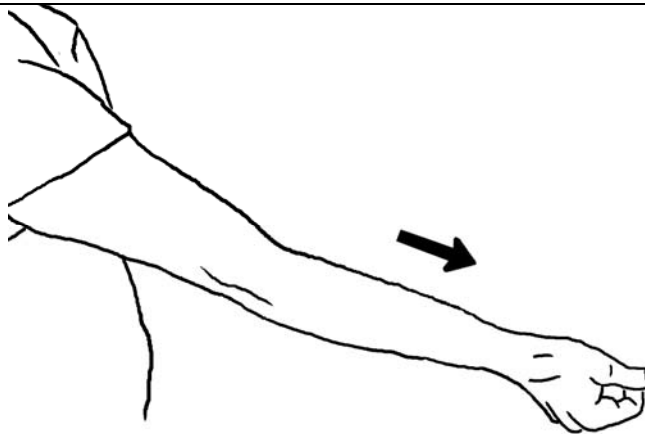
- Elbow Flexion**
Bend your elbow. Bring your hand toward your shoulder.

Complete _____ set(s) of _____



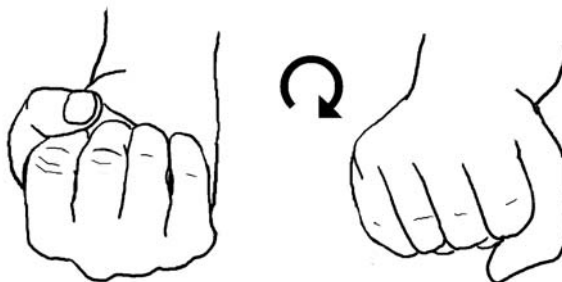
- Elbow Extension**
Straighten your arm.

Complete _____ set(s) of _____



- Forearm Supination and Pronation**
Keep your elbows tucked into your sides. Turn palms up and then turn palms down.

Complete _____ set(s) of _____



Occupational Therapy TOOLKIT

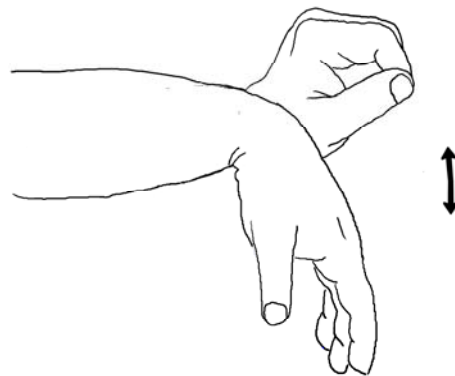
Elbow, Forearm and Wrist Active ROM Exercises

Perform the checked exercises _____ time(s) per day, _____ days a week

Wrist Flexion and Extension

Let your hand hang over the edge of a table. Lower and raise your hand bending at wrist.

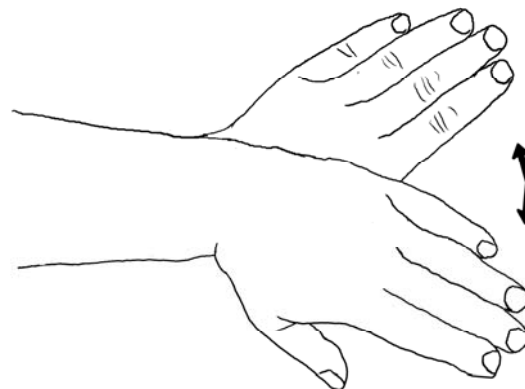
Complete _____ set(s) of _____



Wrist Radial Deviation

Place your hand flat on the table. Move your hand side to side.

Complete _____ set(s) of _____



Wrist Circles

Circle your hand one direction and then circle in the other direction bending a the wrist.

Complete _____ set(s) of _____

