

ELBOW AND WRIST RANGE OF MOTION EXERCISES

Joshua Thomas, DO
Glacial Ridge Health System
320.634.5157

Repetitions can be increased to 30.

These range of motion exercises should be done 1-3 times per day.



Elbow Extension

This position can be held up to 60-90 seconds to stretch.



Elbow Flexion

Bring your hand towards shoulder.

- Sit Comfortably and allow your surgical side arm rest at your side, keep your arm at your side.
- Initially start by using your opposite hand to assist your elbow to straighten fully.
- Then use your hand to help bend your elbow.

Repeat 10 times. Progress this exercise by increasing your repetitions and actively moving your elbow without assistance.



Pronation of Forearm

This position can be held up to 60-90 seconds to stretch.



Supination of Forearm

This position can be held up to 60-90 seconds to stretch.

- Sit comfortably and rest your elbow and forearm on a stable surface by your side.
- Use your opposite hand to help move your forearm by grabbing onto your wrist.
- Open your hand and use your opposite hand to rotate your forearm so your palm faces down (pronation).
- Then rotate your forearm so your palm faces up (supination).

Repeat 10 times. Progress this exercise by increasing your repetitions and actively moving your forearm without assistance.



Wrist Extension

This position can be held up to 60-90 seconds to stretch.



Wrist Flexion

This position can be held up to 60-90 seconds to stretch.

- Sit comfortably and rest your elbow and forearm on a stable surface by your side.
- Use your opposite hand to help move your hand by your knuckles.
- Open your hand and use your opposite hand to point your fingers straight up to the ceiling.
- Then have your fingers point down towards the floor.

Repeat 10 times. Progress this exercise by increasing your repetitions and actively moving your wrist without assistance.



GLACIAL RIDGE
HEALTH SYSTEM
heartfelt care®