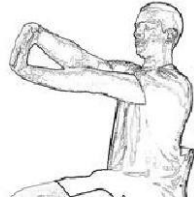


# Wrist & Elbow Home Program

## 1. Finger Flexor Stretch



- Sit up straight and look directly ahead of you.
- Use one hand to spread apart and straighten the fingers of the other hand and then stretch your wrist back gently as far as you can.
- Relax your hands.
- NOTE: Apply the pressure through the tips of the fingers and be sure to include the thumb. Do not apply pressure to the palm of the hand.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

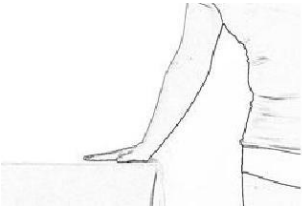
## 2. Finger Extensor Stretch



- Extend one arm out with elbow straight and use the other hand to grasp it at the side of the thumb and bend the wrist downward.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

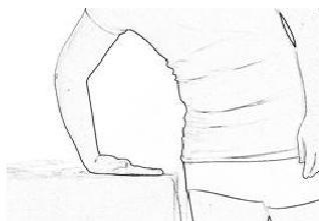
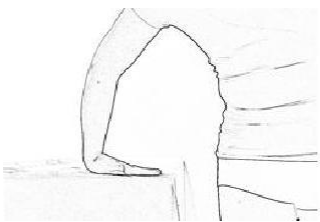
## 3. Wrist Flexor Stretch



- Place your hand on the table beside you with your palm facing down.
- Increase the stretch by moving your arm over your wrist and by putting weight on your hand.
- Maintain the position and relax.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

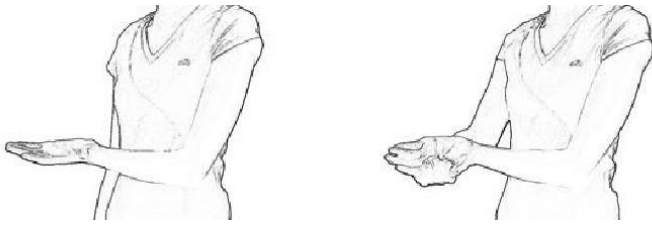
## 4. Wrist Extensor Stretch



- Place your hand on the table beside you with your palm facing up and your fingers towards you.
- Increase the stretch by moving your arm towards you without lifting your wrist.
- Maintain the position and relax.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

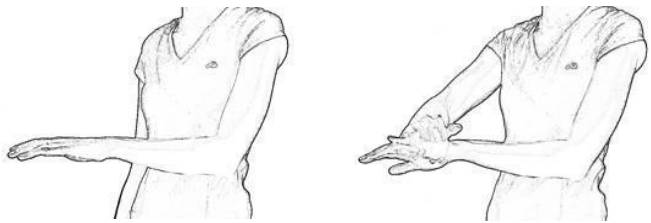
### 5. Stretching Pronators



- Bend one elbow next to your body and place the other hand on the back of your hand.
- With help from the other hand, rotate your forearm to bring the palm of your hand facing the ceiling until you feel a stretch in the forearm.
- Maintain the position and relax.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

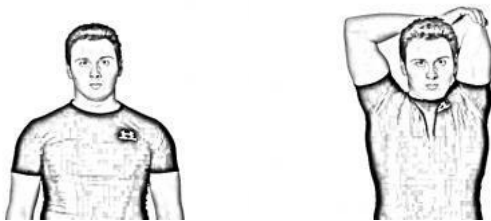
### 6. Supinators Stretch



- Bend one elbow and place it next to your body.
- Keep the palm facing down on the stretched arm.
- Place the other hand above your wrist.
- Rotate your wrist gently to turn it upwards until you feel a stretch in the forearm.
- Hold this position and then repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 7. Stretching Triceps



- Stand with your chin tucked-in and raise your arm to complete elevation and place your hand behind your head by bending the elbow.
- Place other hand on the elbow of the affected arm.
- Pull towards unaffected side until stretch is felt in the triceps
- Maintain the position keeping your chin tucked-in and relax.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 8. Elbow Flexion/Extension AROM



- Sit on a chair with your arm straight along the side.
- Bend your elbow keeping your thumb facing upwards.
- Lower your hand slowly and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 9. Wrist Flexion



- Sit up straight in a chair with your arm on top of a table so that only your hand hangs over the edge. Your palm should face up.
- With your elbow straight, lift up your hand as high as you can.
- Lower your hand.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

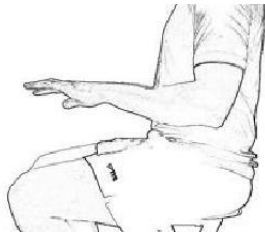
### 10. Wrist Extension



- Sit up straight in a chair with your arm on top of a table so that only your hand hangs over the edge. Your palm should face down.
- With your elbow straight, lift up your hand as high as you can
- Lower your hand.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 11. Wrist Supination & Pronation



- Sit up straight in a chair with your forearm supported on a table so that only your hand hangs over the edge.
- With your elbow straight, turn your palm up to face the ceiling, then down to face the ground as much as possible.
- Repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

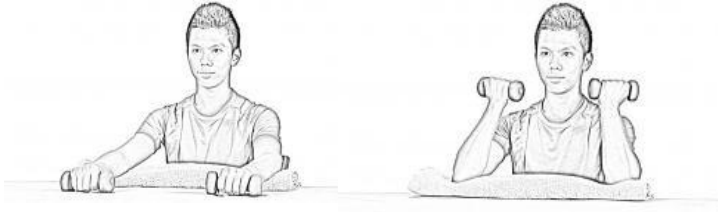
### 12. Wrist Ulnar & Radial Deviation



- Start with your elbow tucked in by your side and your forearm perpendicular to your upper arm.
- With your wrist straight, bring your thumb and fingers away from your body.
- NOTE: This movement is intended to occur only at the wrist. Your forearm should not move at all from its original position. Only your hand should move.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

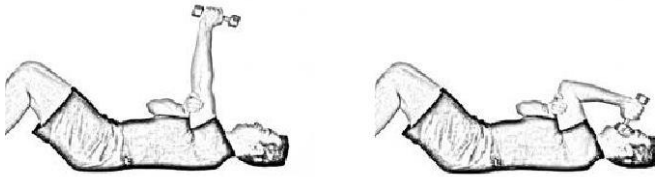
### 13. Biceps Curl



- Sitting on a chair with arms supported in front. Keep your back upright.
- Bend your elbows using a free weight. Start palm down. As you bend your elbows, turn your palm upward. Lower to palm down again.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 14. Tricep Extension



- Lie on your back with a weight in your hand.
- Raise and extend your arm forward holding the elbow with the other hand.
- Slowly lower your hand towards your head by bending the elbow.
- Make sure to keep upper arm perpendicular to floor.
- Return and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

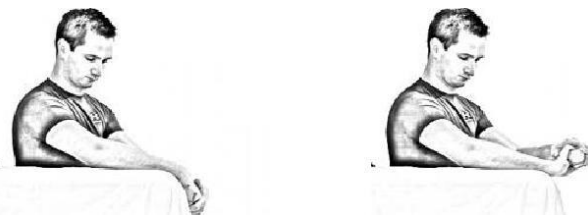
### 15. Wrist Flexion Strengthening



- Sit with your forearm supported on a table and your wrist hanging over the edge.
- With your palm facing up, hold a weight.
- Lift the weight as high as possible while keeping your forearm on the table.
- Slowly lower weight as low as possible.
- Return and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 16. Wrist Extension Strengthening



- Sitting with wrist hanging over the edge of a table with palm facing down holding weight.
- Lift weight up as high as possible while keeping forearm on table.
- Slowly lower weight as low as possible.
- Return and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**17. Strengthening  
Pronation &  
Supination**



- Put your forearm on a table or a chair's armrest but with the wrist unsupported.
- Hold a hammer by the handle and rotate the forearm palm down and palm up.
- The difficulty is increased by holding the handle farther from the tip.

Sets: \_\_\_\_\_      Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_      Frequency: \_\_\_\_\_

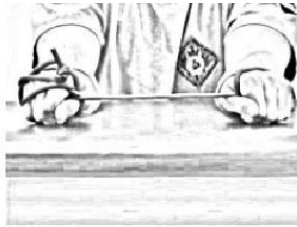
**18.  
Strengthening  
Radial Deviation**



- Have your forearm supported on a table or armrest with your wrist over the edge with a hammer in hand.
- Bend the wrist to lower the hammer's head and come back up.
- Adjust the difficulty by holding the handle closer or farther to the head.

Sets: \_\_\_\_\_      Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_      Frequency: \_\_\_\_\_

**19.  
Strengthening  
Ulnar Deviation**



- Hold elastic in both hands, with your palms down, while supporting forearms.
- Move your hands outward.
- Return to starting position.

Sets: \_\_\_\_\_      Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_      Frequency: \_\_\_\_\_

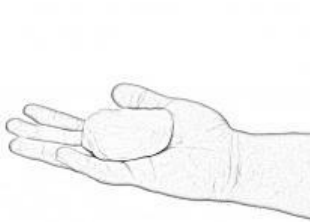
**20. Finger  
Pinch**



- Pinch the putty separately between each finger and the thumb.
- Repeat or hold as directed.

Sets: \_\_\_\_\_      Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_      Frequency: \_\_\_\_\_

**21. Full Grip**



- Make a fist with your fingers and thumb as you squeeze the putty.
- Repeat or hold as directed.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**22. Scissor Squeeze**



- Place a ball of putty between two fingers at a time and try to squeeze them together.
- Reshape the putty and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**23. Thumb Opposition**



- Touch your thumb to your little finger, then stretch your thumb outward to form an "L" with your hand.
- Repeat with the same finger or with the other fingers, following the guidelines of your therapist.
- Thumb to finger tips
- Thumb to base of fingers

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_