ACTIVE ELBOW, WRIST & HAND RANGE OF MOTION EXERCISES

Do each exercise _____ times a day.
Repeat each exercise ______ times.

□ WRIST FLEXION / EXTENSION
  o Rest your forearm firmly on a table top and hang your hand over the edge of the table.
  o Bend your wrist up and down as far as possible.

□ WRIST CIRCLES
  o Rest your forearm firmly on table top and hang your wrist over the edge of the table.
  o Move your wrist in circles to the right and to the left.

□ WRIST RADIAL / ULNAR DEVIATION
  o Put your forearm with your hand, palm down, on the table.
  o Move your hand toward the little finger side.
  o Then move the hand toward the thumb side.
  o Keep your forearm still.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
**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.

**PIP / DIP FLEXION / EXTENSION**

- Make a tabletop with your fingers by keeping your wrists and your fingers straight.
- Bend only at the knuckles.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*
☐ **MCP FLEXION / EXTENSION**
  - Keep your knuckles and wrist straight.
  - Bend and straighten your fingers.

☐ **FULL DIGIT FLEXION / EXTENSION**
  - Make a fist, being sure each joint is bending as much as possible.
  - Straighten your fingers as much as possible.

☐ **THUMB OPPOSITION**
  - Make an "O" by touching your thumb to your fingertips, one at a time.
  - Open your hand wide after touching each finger.

☐ **THUMB FLEXION / EXTENSION**
  - Bend your thumb toward the base of your little finger.
  - Spread the thumb away from the index finger.

☐ **DIGIT ABDUCTION / ADDUCTION**
  - Rest your hand on the table with the palm down.
  - Spread your fingers wide apart and bring them together again.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*