



**ORTHOPEDIC  
ASSOCIATES  
of HARTFORD**

*50 Years of Excellence*

# WRIST AND FOREARM

## Home Exercises

### PASSIVE (Stretching)

Passive motion is when your uninjured hand helps your injured hand to achieve more range.

*Hold 30 Seconds Repeat 4 Times*

*Perform 3 Times a Day*

#### *Passive Supination*

Keep your elbow tucked into your side and do not let it move away from your body. With your uninjured hand, grasp your wrist and gently twist your forearm so your palm is facing up. Hold.



#### *Passive Pronation*

Keep elbow tucked into your side and do not let it move away from your body. With your uninjured hand, grasp your wrist and gently twist your forearm so your palm is facing down. Hold.



#### *Passive Wrist Extension*

Place palms together up near your face then slowly lower to stretch the wrist back. Hold.



### ***Passive Wrist Flexion***

Bend your elbow and gently use other hand to help bend injured wrist down. Hold.



### ***Passive Wrist Radial/Ulnar Deviation***

Grasp your other hand and gently move your wrist up and down. Hold each move.



## **ACTIVE**

Active motion is when your injured wrist moves without any help from your other hand.

***Repeat 5-10 Times    Perform 3 Times a Day***

### ***Supination***

Keep elbow tucked into your side and do not let it move away from your body. Gently twist your palm up as shown and hold 3 seconds.



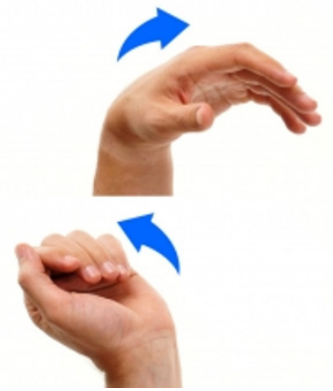
### ***Pronation***

Keep elbow tucked into your side and do not let it move away from your body. Gently twist your palm down as shown and hold 3 seconds.



## *Wrist Extension and Flexion*

Move wrist down with fingers relaxed and hold 3 seconds.  
Move wrist back with a fist and hold 3 seconds.



## *Radial/Ulnar Deviation*

Lay hand flat on the table and move it side to side without your elbow moving. You can use a piece of paper or cloth to make motion easier.



## *Circumduction*

With elbow anchored on table, move wrist around in circles in clockwise then counterclockwise directions.

