

Occupational Therapy TOOLKIT

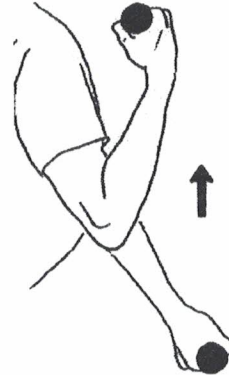
Elbow, Forearm and Wrist Strengthening Exercises

Perform the checked exercises up to 5 time(s) per day, 5-7 days a week

Elbow Flexion

Hold a _____ lb/kg weight.
Hold your arm at your side with your palm facing towards you. Bend and straighten your elbow. Bring your hand towards your shoulder.

Complete 2 set(s) of 10



Elbow Flexion

Hold a _____ lb/kg weight.
Hold your arm at your side with your palm facing away. Bend and straighten your elbow. Bringing the back of your hand towards your shoulder.

Complete 2 set(s) of 10



Elbow Extension

Hold a _____ lb/kg weight.
Start with the weight behind your neck, pointing your elbow up. Straighten your arm over head.

Complete 2 set(s) of 10



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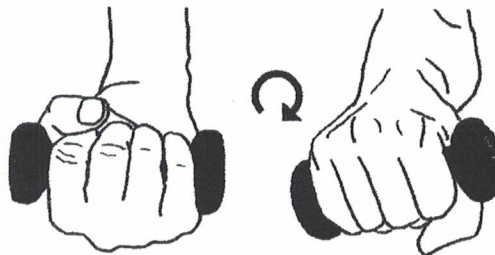
Elbow, Forearm and Wrist Strengthening Exercises

Perform the checked exercises up to 5 time(s) per day, 5-7 days a week

Forearm Supination and Pronation

Hold a _____ lb/kg weight.
Bend elbows keeping them tucked into your sides. Turn palms up and then turn palms down.

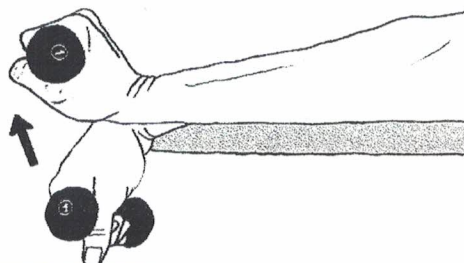
Complete 2 set(s) of 10



Wrist Extension

Hold a _____ lb/kg weight.
Let your hand hang over the edge of a table, palm facing down. Lower and raise the weight, bending at the wrist.

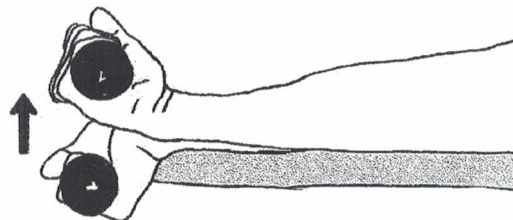
Complete 2 set(s) of 10



Wrist Flexion

Hold a _____ lb/kg weight.
Let your hand hang over the edge of a table, palm facing up. Lower and raise the weight, bending at the wrist.

Complete 2 set(s) of 10



Wrist Radial Deviation

Hold a _____ lb/kg weight.
Let your hand hang over the edge of a table, with your thumb pointing up. Move your hand up then down, bending at the wrist.

Complete 2 set(s) of 10

