

Occupational Therapy TOOLKIT

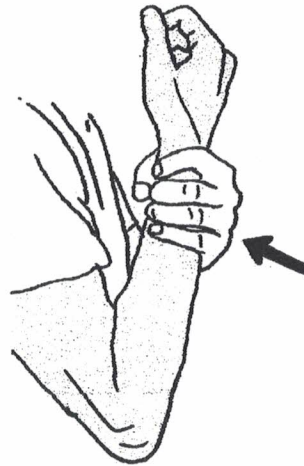
Elbow, Forearm and Wrist Stretching Exercises

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

Elbow Flexion

Grasp your wrist with the opposite hand. Bend your elbow, moving your hand towards your shoulder.

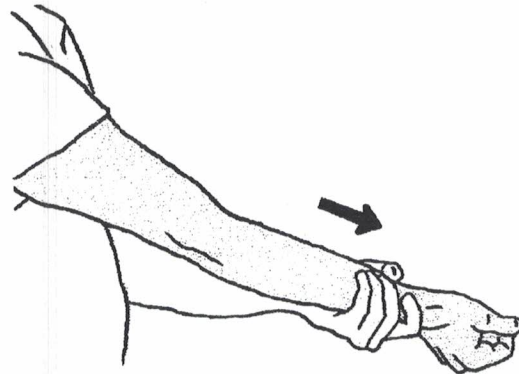
Hold for 5 seconds
Repeat 5-10 times



Elbow Extension

Grasp your wrist with the opposite hand. Straighten your arm fully.

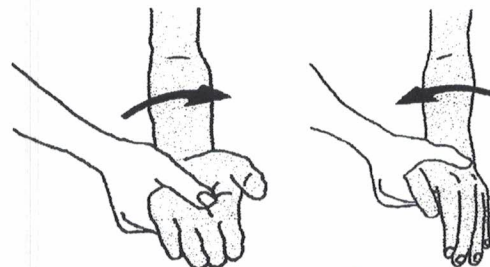
Hold for 5 seconds
Repeat 5-10 times



Supination and Pronation

Keep your elbows tucked into your sides. Turn your hand palm up and then turn your hand palm down.

Hold for 5 seconds
Repeat 5-10 times



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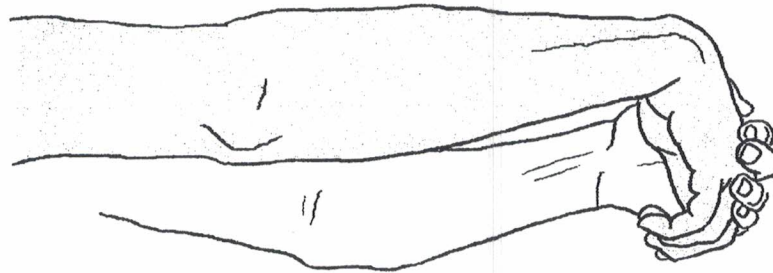
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Forearm Extensor Stretch:

Place your arm in front of your body with the elbow straight and the palm down. Let gravity bend the wrist forward. With your other hand, gently push the wrist further until you feel a stretch. Close your fingers gently to increase the stretch.

Hold for 5 seconds

Repeat 5-10 times



Forearm Flexor Stretch with Pronation:

Place your arm in front of your body with the elbow straight and palm up. Support the hand being stretched with the other hand. Relax the muscles of the arm being stretched. Gently push the wrist further with the other hand until you feel a stretch.

Hold for 5 seconds

Repeat 5-10 times

