Active Range of Motion Exercises: Wrists / Elbows / Forearms / Shoulders

These exercises help you to keep normal movement in your joints and keep your muscles flexible. Your therapist will show you how to do each exercise. If you have questions, please ask.

Do each exercise _____ times, _____ times a day.

- **Wrist:** Rest your forearm firmly on a table and hang your hand over the edge. Bend your wrist up and down as far as possible.

- **Wrist:** Rest your forearm firmly on a table and hand your wrist over the edge. Move your wrist in circles to the right and to the left.

- **Wrist:** Put your forearm and hand, palm down, on a table. Move your hand towards the little finger side then move your hand towards the thumb side. Keep your forearm still.

- **Forearm:** Place your arm at your side with elbow bent and palm facing up. Turn your hand so that the palm faces down. Keep your elbow tucked in at your side.
Elbows: Place your arms down at your sides with your elbows straight. Bend the elbow and bring your hand up to touch your shoulder.

Shoulders: Place your arm at your side, palms turned in. Keep your elbow straight and raise your arm up in front of your body towards the ceiling. Gently stretch until your arm is even with your ear.

Elbows: Place your arms down at your sides with your elbows straight. Bend the elbow and bring your hand up to touch your shoulder.

Shoulders: Place your arm at your side, palms turned in. Keep your elbow straight and raise your arm up in front of your body towards the ceiling. Gently stretch until your arm is even with your ear.

Elbows: Place your arms down at your sides with your elbows straight. Bend the elbow and bring your hand up to touch your shoulder.

Shoulders: Place your arm at your side, palms turned in. Keep your elbow straight and raise your arm up in front of your body towards the ceiling. Gently stretch until your arm is even with your ear.

Shoulders: Raise your arm straight out to shoulder height and bend your elbow, palm facing forward. Lower your hand towards the floor and then raise your hand back up towards the ceiling. Keep your upper arm still.

Shoulders: With your arm at your side and palm facing in, raise your arm straight out to the side to shoulder height. Lower your arm to starting position.

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

© 2004 - November 4, 2014, The Ohio State University Wexner Medical Center.