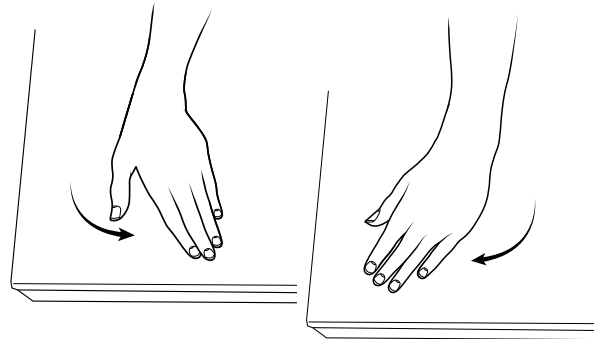
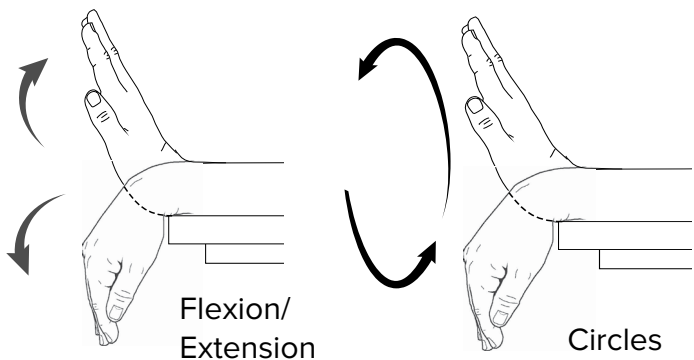


Active Range of Motion Exercises: Wrists / Elbows / Forearms / Shoulders

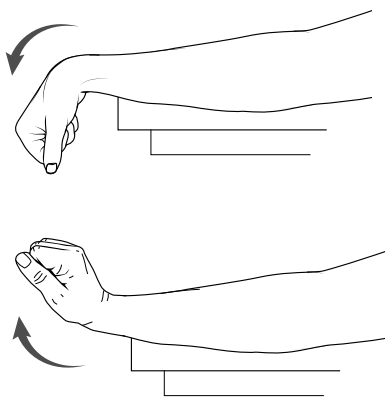
These exercises are to help keep muscles flexible and joint movement normal. Your therapist will show you how to do them. Please ask if you have questions.

Do each exercise _____ times, _____ times a day.



- ❑ **Wrist Flexion/Extension:** 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 Circles:** Keeping your forearm in the same spot on the table, move your wrist in circles to the right and to the left.

- ❑ **Wrists:** 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.



- ❑ **Wrists:** Rest your forearm firmly on a table and hang your hand over the edge. With your fingers curled, bend your wrist down and then up.



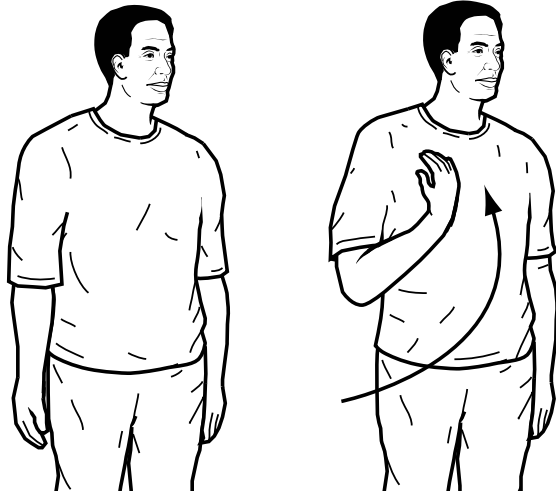
- ❑ **Forearms:** Place your arm at your side with elbow bent and palm facing up. Turn your hand so that the palm faces down. Keep your elbow tucked in at your side.



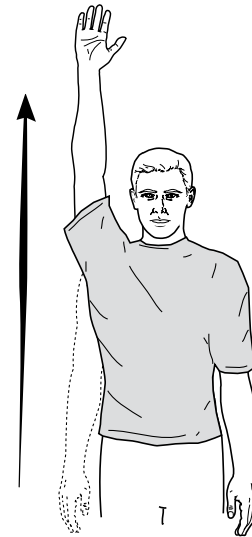
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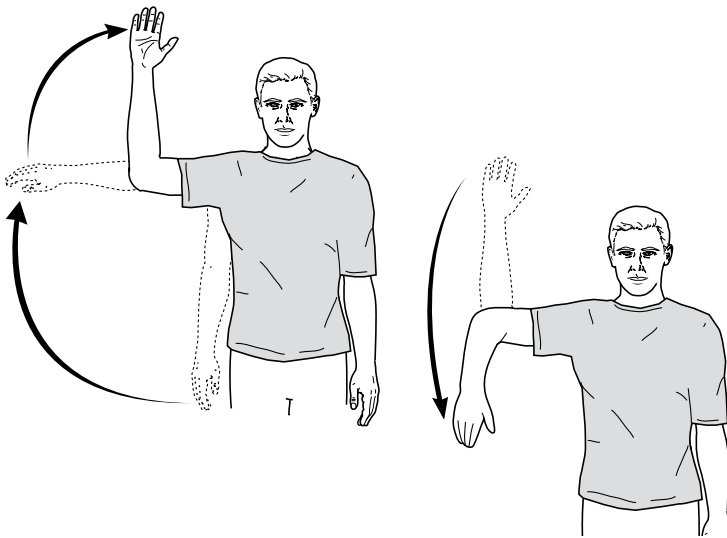
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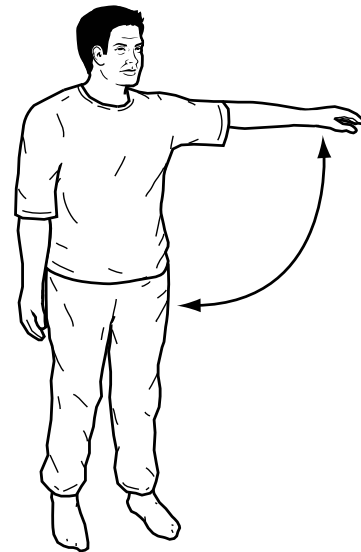
- ❑ **Elbows:** Place your arms down at your sides with your elbows straight. Bend the elbow and bring your hand up to touch your shoulder.



- ❑ **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.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.