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.

- **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 forearm still.

- **Wrist**: 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.
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.

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