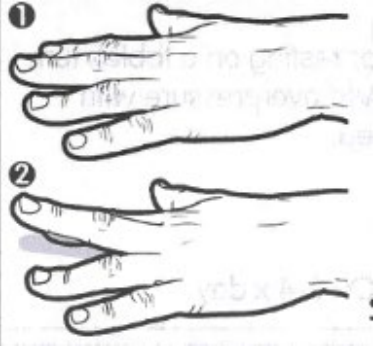
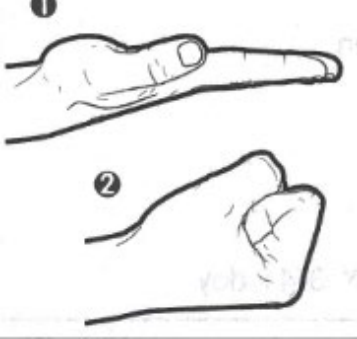


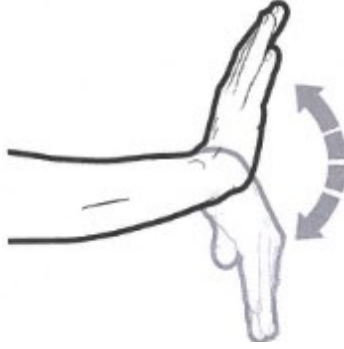

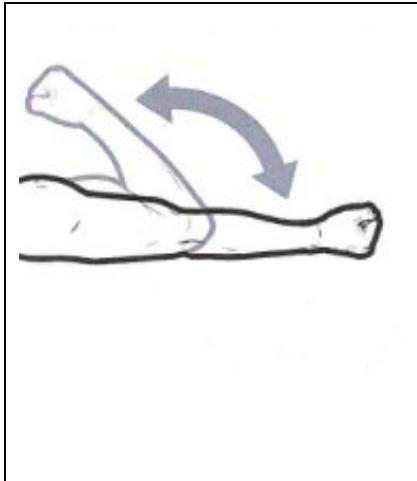


Hand, Wrist and Elbow Exercises

Hand, wrist, and elbow exercises

	<p>Finger Extension</p> <p>With your hand flat on a table, extend your finger as far as you can. Lower and repeat.</p> <p>Sets: 3 Reps: 15-20 Frequency: Daily</p>
	<p>Finger Flexion</p> <p>With your fingers straight [1], make a fist [2]. Return to the start position and repeat.</p> <p>Sets: 3 Reps: 10-15 Frequency: Daily</p>
	<p>Full Fist</p> <p>Starting with your hand straight [1], bend all of your fingers to form a full fist [2]. Hold this position for 5 seconds then return to the start position [1] and repeat.</p> <p>Sets: 2 Reps: 10 Frequency 2-3 times each day</p> <p>Images © 2006-2020 The Rehab Lab Limited. Used under license. No reproduction permitted without permission. www.therehablab.com</p>

	<p>Radial & Ulnar Deviation</p> <p>Keeping your hand and forearm in-line, flex your wrist as far as you can towards your thumb and then towards your little finger.</p> <p>Sets: 1 Reps: 10 Frequency: 3-4 times each day</p>
	<p>Wrist Flexion and Extension</p> <p>Bend your wrist down and up as far as you can.</p> <p>Sets: 1 Reps: 10 Frequency: 3-4 times each day</p>
	<p>Pronation / Supination Stretch</p> <p>With your elbow bent to 90° against your side (or resting on a table), turn your palm to face up [1] then to face down [2]/ Add overpressure with your opposite hand for an extra stretch if required.</p> <p>Sets: 1 Reps: 10 Frequency: 3-4 x day</p> <p>Images © 2006-2020 The Rehab Lab Limited. Used under license. No reproduction permitted without permission. www.therehablab.com</p>



Elbow Flexion and Extension

Bend and straighten your elbow as far as you can.

Sets: 3

Reps: 15-20

Frequency 3-4 times each day

Images © 2006-2020 The Rehab Lab Limited. Used under license. No reproduction permitted without permission. www.therehablab.com

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by University of Michigan Health and for which University of Michigan Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Reviewers: Leslie Pierce DPT
Edited by: Karelyn Munro BA

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 07/2021