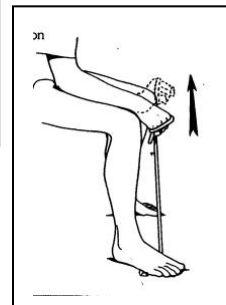
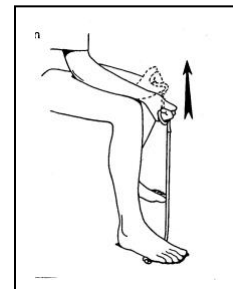


Wrist and Elbow Strengthening and Stretching Exercises

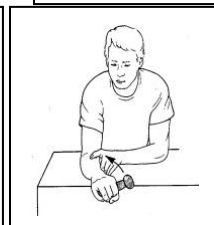
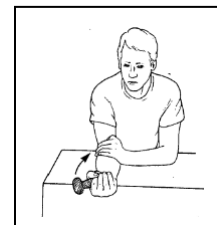
Resisted Wrist Flexion

With tubing wrapped around the hand and the opposite end secured under foot, keep the palm facing up and bend the wrist and hand upward as far as you can. Hold one count and lower slowly 3 counts. This exercise can also be done with a dumbbell.



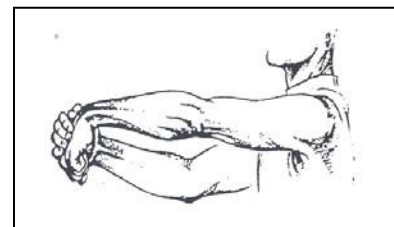
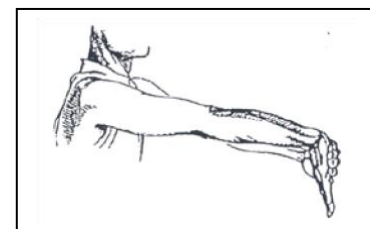
Resisted Wrist Extension

With tubing wrapped around the hand and the opposite end secured under foot, keep the palm facing down and bend the wrist and hand upward as far as you can. This exercise can also be done with a dumbbell.



Resisted Forearm Supination and Pronation

Holding a dumbbell, with the forearm supported on your thigh, slowly turn the palm facing up and then slowly turn the palm facing down. Make sure to hold the elbow still and only move the forearm.

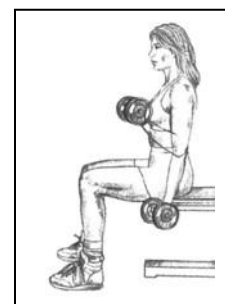


Wrist Flexor Stretch

Hold the arm with the elbow straight and the palm facing up. Grasp the involved hand at the fingers and stretch the wrist backward, until a stretch is felt on the inside of the forearm.

Wrist Extensor Stretch

Hold the arm with the elbow straight and the palm facing down. Push downward on the back of the involved hand until a stretch is felt in the muscles on the outside of the forearm.



Biceps Curl

Stand or sit on a bench or chair. With the palm facing forward and the elbow against your side, raise the weight up toward the shoulder. Keep the elbow firmly against your side and lower the weight back to the starting position.

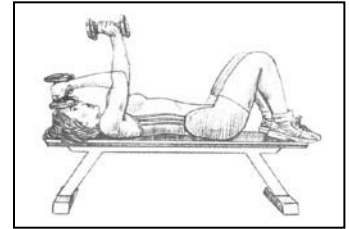


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Triceps Extensions

Lie on your back on a weight bench. Hold a dumbbell starting with the elbow straight. Keep your upper arm vertical while slowly bending the elbow toward the forehead. Slowly return to the upright position.



Adapted courtesy of Dr. Tom Gill.