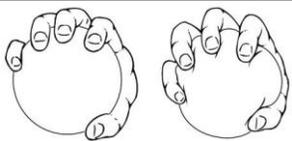
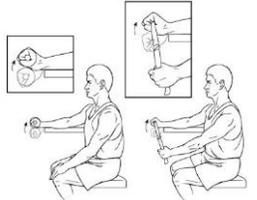
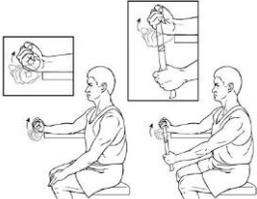


**ELBOW ROM & STRETCHING EXERCISES**

**PASSIVE RANGE OF MOTION (ROM)** - Restoring range of motion is a primary goal of rehabilitation.

<p><b>Wrist Extension</b> Place your palm on a firm surface with your fingers facing behind you. To increase the stretch, lean back with your shoulders.</p>	<p>Hold for 1 minute Repeat once an hour</p>	
<p><b>Wrist Flexion</b> Place the top of your hand on a firm surface with your fingers facing behind you. You MUST keep your elbow straight.</p>	<p>Hold 1 minute Repeat once an hour</p>	

**STRENGTHENING EXERCISES**- Exercises should be performed in 3 sets of 10 to 15 repetitions.

<p><b>Grip</b> Wrap your fingers around a soft spongy ball. Grip the ball 50-60 times or 2-5 minutes.</p>	<p>Repeat 3-4 times per day</p>	
<p><b>Wrist Extension</b> Place either surgical tubing or a light weight in your hand. Hang hand off table with your <u>palm facing down</u> and bend wrist downward. Slowly, raise wrist upward until wrist is straight.</p>	<p>Hold for 5-10 sec Repeat 10-15 times 3 sets per day</p>	
<p><b>Wrist Flexion</b> Place either surgical tubing or a light weight in your hand. Hang your hand off the table with your <u>palm up</u>. Slowly curl your hand upward.</p>	<p>Hold for 5-10 sec Repeat 10-15 times 3 sets per day</p>	
<p><b>Wrist Pronation</b> Place your arm on a table with your elbow bent to 90° and palm upward. Holding a light weight (&lt;5 lbs) in your hand, rotate your forearm so your palm faces downward.</p>	<p>Hold for 5-10 sec Repeat 10-15 times 3 sets per day</p>	
<p><b>Wrist Supination</b> Place your arm on a table with your elbow bent to 90° and palm downward. Holding a light weight (&lt;5 lbs) in your hand, rotate your forearm so your palm faces upward.</p>	<p>Hold for 5-10 sec Repeat 10-15 times 3 sets per day</p>	