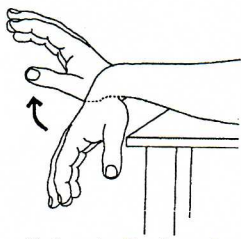


AROM wrist flx/ext palm down



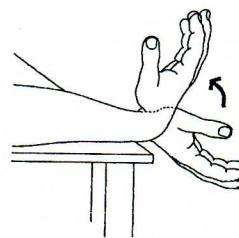
- Place forearm on table with hand off edge of table, palm down as shown.
- Move hand upward.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM wrist flx/ext palm up



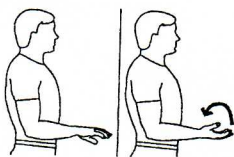
- Place forearm on table with hand off edge of table, palm up, as shown.
- Move hand upward.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM wrist sup/pron



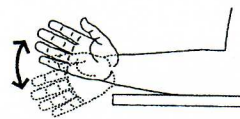
- Stand or sit, arm at side, elbow bent to ninety degrees, palm down.
- Rotate elbow/forearm palm up through available range.
- Return to start position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM wrist ulnar/radial dev



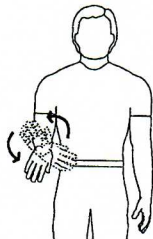
- Support forearm on table or knee, thumb upward.
- Move wrist up and down, as shown.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM wrist circles



- Stand, arm at side, elbow bent to ninety degrees, palm down.
- Move wrist in circular motion, through available range.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Signature: _____

Issued By: MMPC Orthopaedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

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