



MATTHEW A. BERNSTEIN, M.D.
ORTHOPEDIC HAND & UPPER EXTREMITY SURGEON

HOME EXERCISE HANDOUT

1. Pronation (palm down)

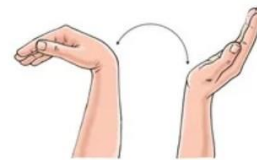
- Keep elbow at side during motion.



Forearm pronation and supination

2. Supination (palm up)

- Keep elbow at side during motion.



Wrist active range of motion: Flexion and extension

3. Wrist Extension

4. Wrist Flexion

5. Dart throwers (toward thumb)

6. Dart throwers (toward small finger)

- 10 second hold for each motion

