

Passive Wrist Exercises

Complete each exercise _____ times, _____ times per day.

Hold for _____ seconds.

Supination

Keeping your elbow bent and held by your side, use your other hand to turn forearm until palm faces upward.



Pronation

Keeping your elbow bent and held by your side, use your other hand to turn forearm until palm faces downward.



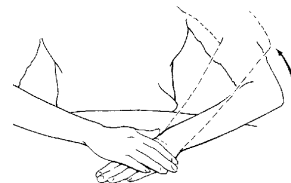
Flexion

Let wrist drop down. Apply a gentle downward push evenly using your other hand.



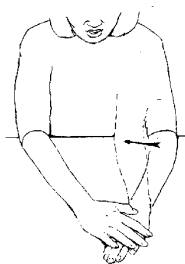
Extension

Place wrist and palm on table. Hold other hand on top to keep it steady, while moving your elbow upward towards the ceiling.



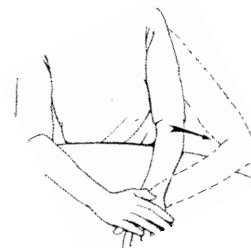
Radial Deviation

With wrist and palm on table, place other hand on top while bringing your elbow inwards towards your side.



Ulnar Deviation

With wrist and palm on table, place other hand on top and move your elbow outwards away from your side.



Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100