

**Center for
Musculoskeletal
Medicine**

OCCUPATIONAL THERAPY

FOREARM, WRIST AND DIGIT ACTIVE RANGE OF MOTION EXERCISES

Name _____

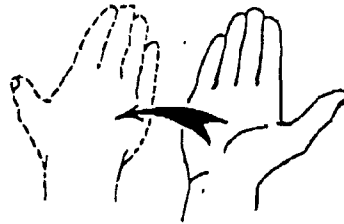
Date _____

Patient number _____

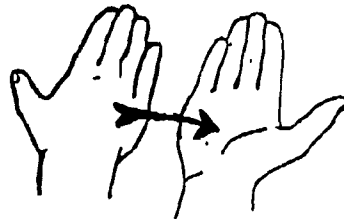
Physician _____

Perform each circled exercise _____ times, _____ times a day. Hold each exercise to where you feel a gentle stretch, no pain. Hold for 5 seconds, relax and repeat.

1. **Forearm Pronation.** Start with the elbow bent to your side, thumb pointed to the ceiling. Turn your palm down, hold, relax, repeat.



2. **Forearm Supination.** Start with the elbow bent to your side, thumb pointed to the ceiling. Turn your palm up, hold, relax, repeat.



3. **Wrist Flexion.** Rest your forearm on a table with the thumb pointed to the ceiling. Relax your fingers. Bend your wrist in as far as you can comfortably go, hold, relax, repeat.



4. **Wrist Extension.** Rest your forearm on a table with the thumb pointed to the ceiling. Relax your fingers. Bend your wrist back as far as you can comfortably go, hold, relax, repeat.



5. **Tendon Gliding Exercises**

a. **Flat Fist.** Start with your fingers completely straight. Make a fist with your fingers but keep the last joint of each finger straight. Hold, relax and repeat.



b. **Hook Fist.** Start with your fingers completely straight. Bend the middle and last joint of each finger while keeping the first joint straight. (Bend the fingers so each fingertip touches its base.) Hold, relax, repeat.



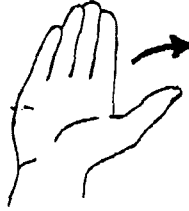
c. **Full Finger Flexion.** Start with your fingers completely straight. Make a full, tight fist with all fingers. Hold, relax, repeat.



6. **Thumb Flexion.** Rest your forearm on a table with the thumb pointed to the ceiling. Relax your thumb. Start with your thumb up against the index finger. Bend your thumb into the palm and try to touch the base of your little finger. Hold, relax, repeat.



7. **Thumb Extension.** Rest your forearm on a table with the thumb pointed to the ceiling. Relax your thumb. Start with your thumb up against the index finger. Bring your thumb back towards you, as if you were going to "hitchhike". Hold, relax, repeat.



8. **Thumb Abduction.** Rest your forearm on a table with the thumb pointed to the ceiling. Relax your thumb. Start with your thumb up against the index finger. Pull your thumb out and away from the index finger (as if you were making the letter "L"). Hold, relax, repeat.



9. **Thumb Opposition.** Rest your forearm on a table and relax the fingers and thumb. Touch the thumb to the tip of the index finger, then to the tip of the long finger, then to the tip of the ring finger and finally to the tip of the little finger.

