

ELBOW/WRIST EXERCISES

1



WRIST EXTENSION WITH WEIGHT

- Hold weight in hand with palm side down.
- Place forearm on table with hand edge off table.
- Move wrist upward.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

2



WRIST FLEXION WITH WEIGHT

- Hold weight in hand with palm side up.
- Place forearm on table with hand off edge of table.
- Move wrist upward.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

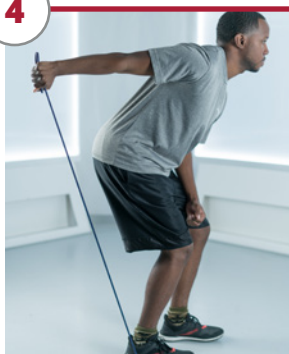
3



SINGLE ARM ELBOW FLEXION WITH RESISTANCE

- Stand on one side of resistance band or anchor to bottom of door.
- Hold other end of elastic in **right or left (circle one)** hand.
- Bend elbow, pulling palm toward face and keeping elbow at side.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

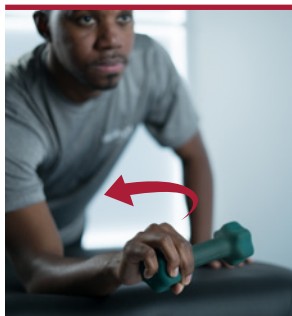
4



SINGLE ARM ELBOW EXTENSION WITH RESISTANCE

- Stand on one side of elastic or anchor to bottom of door.
- Hold other end of elastic in **right or left (circle one)** hand. With arm straight and extended backward, keep thumb pointed down. Maintain this position, then bend elbow forward and straighten backward to starting position.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

5



WRIST SUPINATION & PRONATION WITH WEIGHT

- With palm up, hold the end of the weight.
- Support forearm on table.
- Rotate hand, palm down, then to palm up again.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

Download exercises from
houstonmethodist.org/at-resources

