ELBOW/WRIST EXERCISES

1. WRIST EXTENSION WITH WEIGHT
   a. Hold weight in hand with palm side down.
   b. Place forearm on table with hand side up.
   c. Move wrist upward.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

2. WRIST FLEXION WITH WEIGHT
   a. Hold weight in hand with palm side up.
   b. Place forearm on table with hand off edge of table.
   c. Move wrist upward.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

3. SINGLE ARM ELBOW FLEXION WITH RESISTANCE
   a. Stand on one side of resistance band or anchor to bottom of door.
   b. Hold other end of elastic in right or left (circle one) hand.
   c. Bend elbow, pulling palm toward face and keeping elbow at side.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

4. SINGLE ARM ELBOW EXTENSION WITH RESISTANCE
   a. Stand on one side of elastic or anchor to bottom of door.
   b. Hold other end of elastic in right or left (circle one) hand.
   c. Move wrist upward.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

5. WRIST SUPINATION & PRONATION WITH WEIGHT
   a. With palm up, hold the end of the weight.
   b. Support forearm on table.
   c. Rotate hand, palm down, then to palm up again.
   d. Repeat ___ times ___ sets
   e. Do ___ sessions per day.

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