



Department of Physical Therapy

Hand, Wrist, Forearm and Elbow Range of Motion Exercises

Please perform the highlighted exercises below to help maintain mobility in your hand, wrist, forearm and elbow. They also will help improve circulation in your arm to reduce the risk of blood clots and swelling.

Hand

1. Close and open your hand. 20-30 repetitions, 3-4 times a day.



2. Squeeze the exercise ball. 20-30 repetitions, 3-4 times a day.



Wrist

3. Move your wrist up and down. 20-30 repetitions, 3-4 times a day.



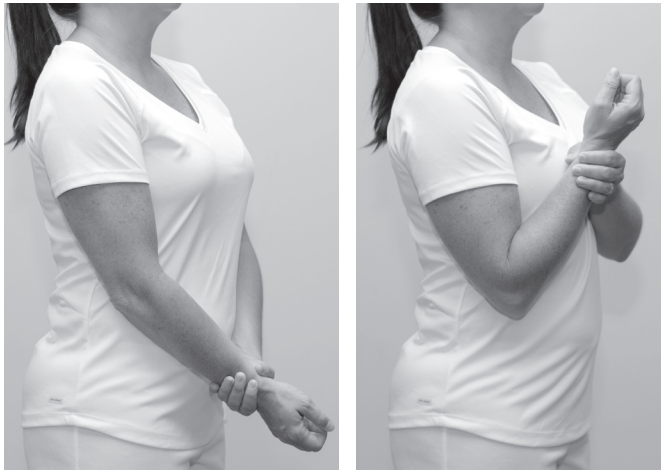
Forearm

4. Move your forearm from palm up to palm down. 20-30 repetitions, 3-4 times a day.



Elbow

5. Use your non-affected arm to bend and straighten your affected arm. (Remember that your "affected arm" is the one you had surgery on.) 10-20 repetitions, 3-4 times per day.



6. Bend and straighten your elbow. 10-20 repetitions, 3-4 times per day.

