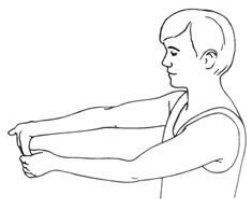


# Elbow/Wrist Rehabilitation

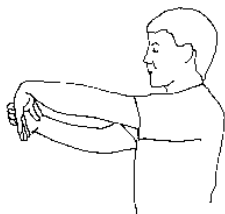
## Wrist Flexor Stretch

- Place your arm in front of your body with your palm facing up.
  - Extend your wrist
  - Apply overpressure with opposite hand
  - Hold for 30 seconds
- Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_



## Wrist Extensor Stretch

- Place your arm in front of your body with your palm facing down.
  - Flex your wrist.
  - Apply over pressure with the opposite hand.
  - Hold for 30 seconds
- Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_



## Grip Strength

- Hold a tennis ball, stress ball or other soft object in your hand.
  - Squeeze the object tight and hold for 10 seconds.
  - Relax.
- Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_



## Finger Extension

- Place an elastic band around your fingers.
  - Splay your fingers against the resistance.
  - Relax and return them to the starting position.
- Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_



Finger Extensions

## Wrist Flexion

- Hold a weight and place your palm facing up.
  - Flex your wrist.
  - Return to the start position. Repeat
- Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_



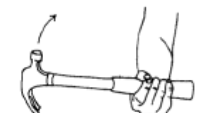
## Wrist Extension

- Hold a weight and place your palm facing down.
  - Extend your wrist.
  - Return to the start position. Repeat
- Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_



## Pronation/Supination

- With your elbow bent hold a weight in your hand.
  - Rotate your forearm so that you palm faces down.
  - Then rotate it in the reverse direction until your palm faces up.
- Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_



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Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.