

# Elbow / Wrist

Repeat each day : Do within your range of comfort -



Rest arm at side of body



Keep upper arm next to body  
Flex elbow  
Palm facing the floor  
fingers towards your shoulder



Turn hand  
fingers facing away from shoulder (teapot)  
Palm facing the floor



**SLOWLY**

Extend your arm sideways  
Shoulder height  
Move arm in corkscrew motion  
Turning the palm to face the ceiling



Reverse the action



Returning to start position



Repeat 2-3 times slowly



Repeat action once rapidly  
Repeat the procedure on the other arm

CAUTION : If the arm does not extend fully  
or if there is pain in the elbow  
do not do rapidly