

Passive Range of Motion Stretching: Elbow, Forearm, Wrist and Hand

Elbow Extension: Support behind the elbow and at the wrist. Slowly move the arm into a straight position. Hold for a count of 10.



Forearm Supination: Position the elbow close to the body with the elbow bent at a 90° angle. Gently rotate the forearm so the palm is facing upwards (flat wrist). Hold for a count of 10.



Wrist / Finger Extension: Support the hand flat, including the fingers. Bend the hand back at the wrist in a slow, gentle manner. Hold for a count of 10.



Wrist Radial Deviation: Support the hand and forearm. Gently bring the hand to the side, towards the thumb. Hold for a count of 10.



Thumb Abduction: Support the thumb low, at the large knuckle while gently bringing the thumb out away from the hand to form an L shape between the index finger and thumb. Hold for a count of 10.

