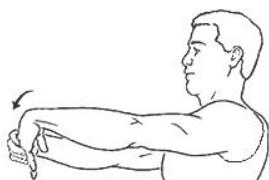


Elbow / Wrist Exercises

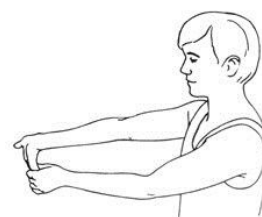
Wrist Flexion Stretch

- Hold out your involved arm straight out in front of you with palm facing down and making sure to keep your elbow straight
- With your other hand pull your fingers on the involved hand down
- Hold for 20-30 seconds



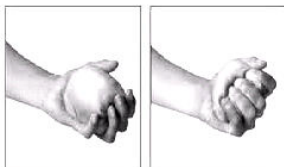
Wrist Extension Stretch

- Hold out the involved arm straight out in front of you with palm up and making sure to keep your elbow straight
- With your other hand pull your fingers on the involved hand down
- Hold for 20-30 seconds



Grip Strengthening

- Squeeze the ball in your involved hand
- A) Hold for 3 secs and work your way up to 10 seconds
- B) Pulsating technique: Squeeze and relax



Self Massage

- Grab your affected forearm with your opposite hand & start gently rubbing your skin around the axis of your forearm
- Glide & rotate all the way up your forearm to your elbow and then back down to your wrist



Supination / Pronation Stretch

- A) Holding a hammer in your involved hand palm facing inwards and rotating your forearm so that your palm is facing up until you feel a stretch and hold for 20-30 seconds
- B) Holding a hammer (weighted end distal) with your involved hand palm facing inwards and rotating your forearm so that your palm is facing down until you feel a stretch and hold for 20-30 seconds

