**Elbow Flexion PROM**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin in a standing upright position.

**Movement**
- Grasp one wrist with your other hand and gently bend your arm toward your body, then lower it back down and repeat.

**Tip**
- Make sure to keep your moving arm relaxed.

**Elbow Extension PROM**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin in a standing upright position with one arm bent toward your chest.

**Movement**
- Grasp that wrist with your other hand and gently straighten your arm, then bend it back upward and repeat.

**Tip**
- Make sure to keep your moving arm relaxe

**Supported Elbow Flexion Extension PROM**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin sitting with your forearm resting on a table, palm facing up with your wrist supported by your other hand.

**Movement**
- Using your supportive arm to control the motion, gently bend your elbow, hold, then slowly return to starting position and repeat.

**Tip**
- Make sure that your bending arm is not actively moving.

**Supine Elbow Extension Stretch in Supination**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin lying on your back with your arm resting on a towel and your elbow bent at 90 degrees with your palm facing toward you. The towel should be just above your elbow.

**Movement**
- Relax your arm toward the ground, letting your elbow straighten slowly.

**Tip**
- Make sure to keep your arm relaxed and do not stretch through pain.

**Seated Wrist Flexion with Overpressure**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

**Movement**
- Slowly bend your wrist downward as far as is comfortable. With your other hand, gently push your hand further, and hold.

**Tip**
- Make sure not to rotate your forearm during the stretch.
Seated Wrist Extension with Overpressure
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup
- Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing up.

Movement
- Slowly bend your wrist downward as far as is comfortable. With your other hand, gently push your hand further, and hold.

Tip
- Make sure not to rotate your forearm during the stretch.

Wrist Pronation Stretch
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup
- Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

Movement
- Using your supportive hand, slowly turn your palm downward until you feel a stretch, and hold.

Tip
- Make sure to keep your wrist straight during the exercise.

Standing Wrist Flexion Stretch
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup
- Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement
- With your other hand, bend your wrist downward until you feel a stretch.

Tip
- Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

Standing Wrist Extension Stretch
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup
- Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement
- With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip
- You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Wrist Prayer Stretch
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup
- Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement
- Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

Tip
- Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.
Reverse Prayer Stretch

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position.

**Movement**
- Place the backs of your hands together in front of your body, then lower your elbows until you feel a stretch in the back of your wrists, and hold.

**Tip**
- Make sure to only move through a pain-free range of motion.

Wrist Extension Stretch at Wall

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position in front of a wall.

**Movement**
- Place one hand on the wall with your palm facing forward, and fingers pointing downward, then lean into the wall until you feel a stretch in the front of your wrist and hold.

**Tip**
- Make sure to keep your hips and shoulders parallel to the wall and avoid locking your elbow.

Seated Wrist Supination PROM

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

**Movement**
- Movement - Using your supportive hand, slowly turn your palm outward as far as is comfortable, then return to the starting position and repeat.

**Tip**
- Make sure to keep your wrist straight during this exercise.

Seated Wrist Flexion Extension PROM

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin sitting with your arm resting on a table or surface at your side and your wrist straight. Grasp this hand with your other hand.

**Movement**
- Using your supportive hand to control the motion, gently bend your involved wrist upward and then downward.

**Tip**
- Make sure to only move through a pain-free range of motion.