Forearm Pronation/Supination – Assisted

1. Patient lies on back (or is seated in a chair) with arm at side and elbow bent.

2. Helper stands to the side with one hand just above elbow and the other hand at the wrist.

3. Helper assists patient to rotate the palm toward the ceiling and toward the floor.

4. Do not move to the point of pain.

Do _____ repetitions _____ times per day.