

Forearm/Wrist Isotonic Home Exercise Program

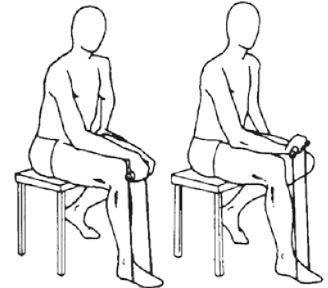
1. Wrist Extension:

Sit in a chair with tubing under foot, handle in hand with palm down.
Support forearm on thigh, with wrist and hand extended beyond knee.
Slowly raise hand and bend wrist back as far as possible.

Slowly return to starting position.

Begin ___ sets ___ reps ___ times/day

Progress to ___ sets ___ reps ___ times/day



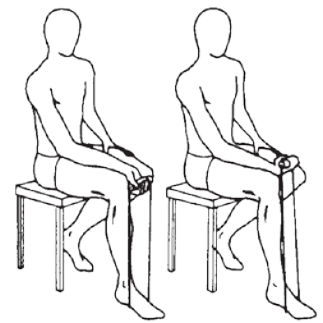
2. Wrist Flexion:

Sit in a chair with tubing under foot, handle in hand with palm up.
Support forearm on thigh, with wrist and hand extended beyond knee.
Slowly curl wrist up as far as possible.

Slowly return to starting position.

Begin ___ sets ___ reps ___ times/day

Progress to ___ sets ___ reps ___ times/day



3. Forearm Pronation:

Sit in a chair with tubing under foot about 10 inches
outside center of body.

Hold handle in hand with palm up.

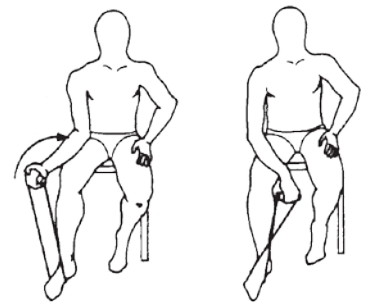
Support forearm on thigh, with wrist and hand extended beyond knee.

Slowly rotate forearm to palm down position.

Slowly return to starting position.

Begin ___ sets ___ reps ___ times/day

Progress to ___ sets ___ reps ___ times/day



4. Forearm Supination:

Sit in a chair with tubing under opposite foot.

Hold handle in hand with palm down.

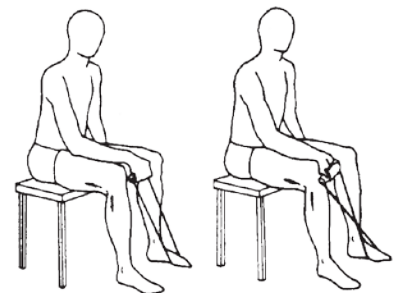
Support forearm on the thigh, with wrist and hand extended beyond knee.

Slowly rotate forearm to palm up position.

Slowly return to starting position.

Begin ___ sets ___ reps ___ times/day

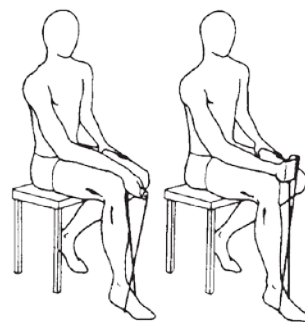
Progress to ___ sets ___ reps ___ times/day



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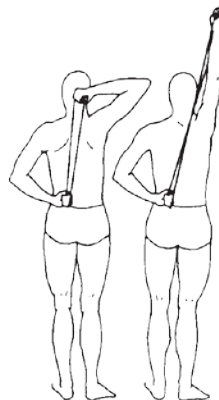
5. Radial Deviation:

Sit in a chair with tubing under foot.
 Hold handle in hand with thumb and handle end pointing up.
 Support forearm on thigh, with wrist and hand extended beyond knee.
 Lift hand up toward forearm as high as possible.
 Begin ___ sets ___ reps ___ times/day
 Progress to ___ sets ___ reps ___ times/day



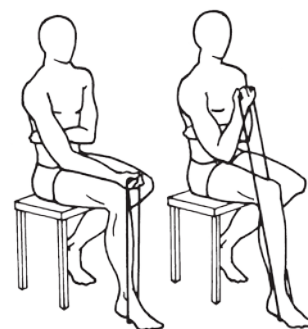
6. Elbow Extension:

In a standing position, hold tubing in hand.
 With tubing draped over opposite shoulder, grasp behind back with opposite hand.
 Straighten elbow raising arm overhead.
 Slowly return to starting position.
 Begin ___ sets ___ reps ___ times/day
 Progress to ___ sets ___ reps ___ times/day



7. Elbow Flexion:

Sit in a chair with tubing under foot.
 Hold handle in hand, palm up.
 Support forearm on right thigh with and and wrist extended just beyond knee.
 Slowly bend elbow up to a fully flexed position.
 Slowly return to starting position.
 Begin ___ sets ___ reps ___ times/day
 Progress to ___ sets ___ reps ___ times/day



8. Hand Open/Close:

• Elbow Bent Position



1. Palm Up



2. Palm Down



3. Thumb Up

• Elbow Straight Position



1. Palm Up



2. Palm Down



3. Thumb Up

Open and close hand in each position.
 Begin ___ sets ___ reps ___ times/day
 Progress to ___ sets ___ reps ___ times/day