

# Active Range of Motion Exercises: Wrists, Elbows, Forearms, and Shoulders

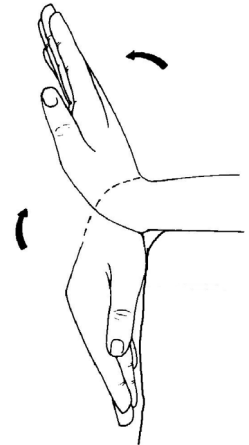
Repeat these exercises \_\_\_\_ times, \_\_\_\_ times a day. Do only the exercises checked.

Do the exercises with:

- Both arms
- Right arm
- Left arm

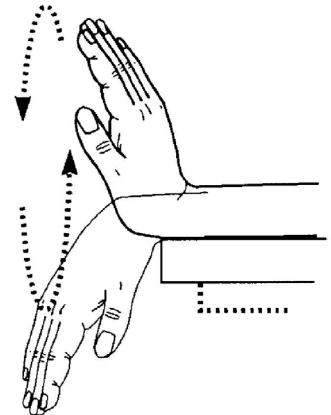
## Wrists 1

Rest your arm on a table and hang your hand over the edge.  
Slowly bend your wrist up and down.



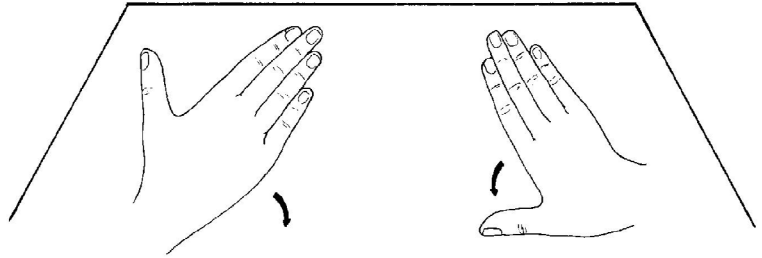
## Wrists 2

Rest your arm on a table and hang your wrist over the edge.  
Move your wrist in circles to the right and to the left.



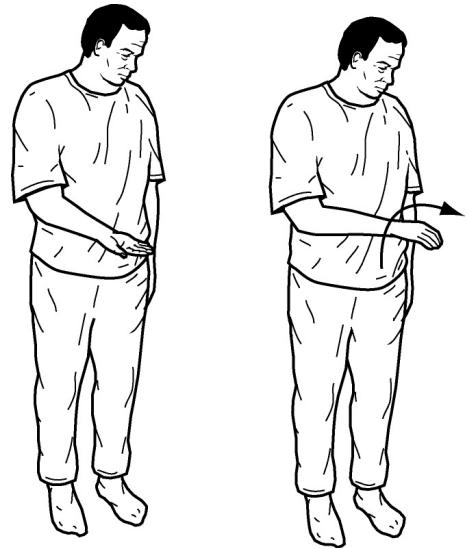
### ☐ Wrists 3

Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.



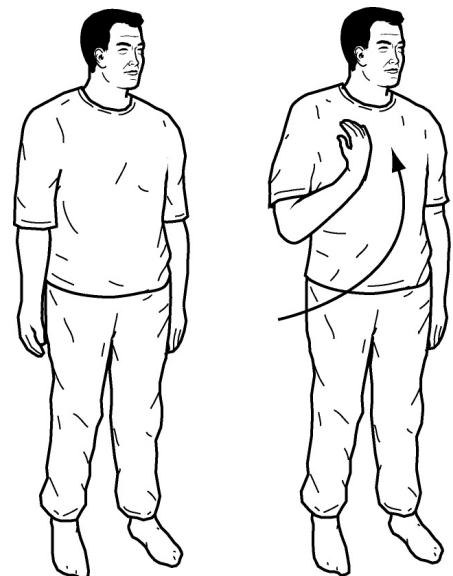
### ☐ Forearms

Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.



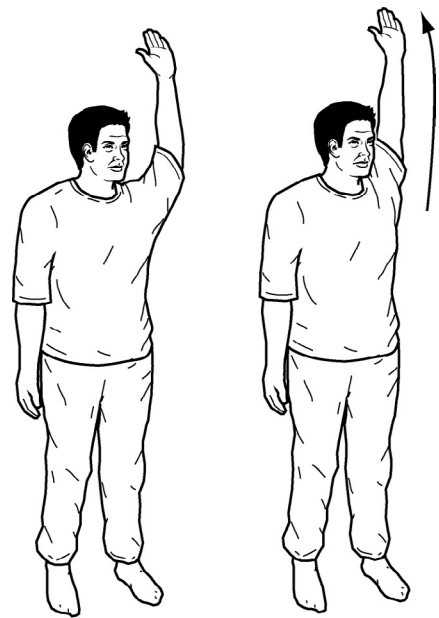
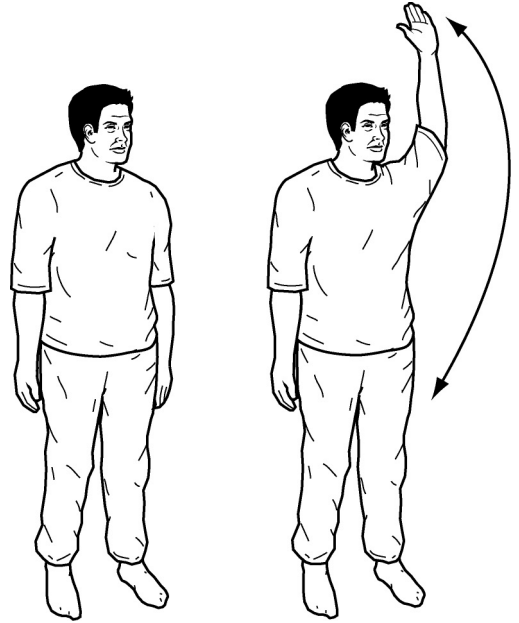
### ☐ Elbows

Place your arm down at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.



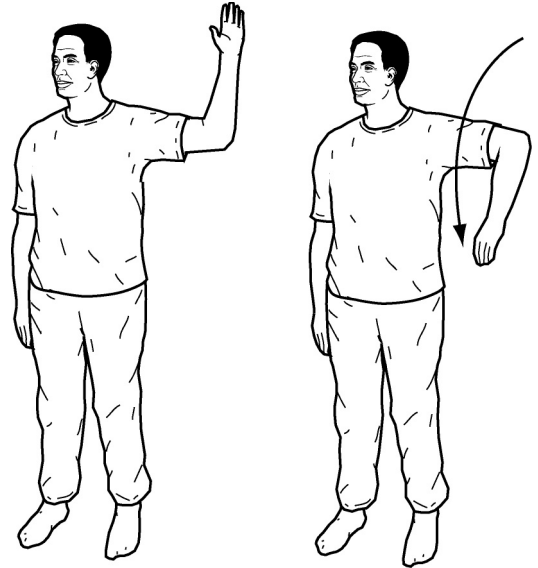
## ☐ Shoulders 1

Place your arm at your side, palm turned in.  
Keep your elbow straight, and raise the arm up  
in front of your body and up toward the ceiling.  
Gently stretch your arm up then bring it down.



## ☐ Shoulder 2

With your arm at your side, palm facing in, raise your arm straight out to shoulder height. Bending the elbow, raise your hand up toward the ceiling, then down toward the floor.



## ☐ Shoulder 3

With your arm at your side, palm facing in, raise your arm straight out to the side, to shoulder height. Lower your arm to starting position.

