Ejercicios para aumentar el rango activo de movimiento de: muñecas, codos, antebrazos y hombros

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

Repita cada ejercicio _____ veces, _____ veces al día. Realice solo los ejercicios que están marcados.
Realice estos ejercicios con:

- Ambos brazos
- Brazo derecho
- Brazo izquierdo

- Wrists 1
  Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.

- Muñecas 1
  Apoye el brazo sobre una mesa y deje que la mano cuelgue por el borde. Doble la muñeca lentamente hacia arriba y hacia abajo.

- 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.

- Muñecas 2
  Apoye el brazo en una mesa y deje que la muñeca cuelgue por el borde. Forme círculos hacia la izquierda y hacia la derecha con la muñeca.
Active Range of Motion Exercises: Wrists, Elbows, Forearms and Shoulders.

**Wrist Exercises**

- **Wrist Flexion/Extension:** 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.

- **Wrist Rotation:** 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.

**Elbow Exercises**

- **Elbow Flexion/Extension:** Place your arm at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.

**Forearm Exercises**

- **Forearm Rotation:** 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.

**Shoulder Exercises**

- **Shoulder External Rotation:** 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.

**Forearms**

- **Forearm Flexion/Extension:** 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**

- **Elbow Flexion/Extension:** Place your arm at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.

**Forearms**

- **Forearm Flexion/Extension:** 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.

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**Forearms**

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**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.

**Hombros 1**
Coloque el brazo a un costado, con la palma de la mano hacia adentro. Mantenga el codo estirado y levante el brazo hacia adelante del cuerpo y hacia el techo. Estire el brazo suavemente hacia arriba y después bájelo.
Active Range of Motion Exercises: Wrists, Elbows, Forearms and Shoulders. Spanish.

- **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.

- **Hombros 2**
  Con el brazo a un costado y la palma hacia el cuerpo, eleve el brazo estirado hasta que quede a la altura del hombro. Flexione el codo para levantar la mano hacia el techo y después bájela hacia el piso.

- **Hombros 3**
  Con el brazo a un costado y la palma hacia el cuerpo, eleve el brazo estirado hacia un lado, a la altura del hombro. Baje el brazo a la posición inicial.