The exercises below are to help you regain basic motion of your elbow, wrist, and hand. Begin with 10 repetitions of each exercise and work up to 20 repetitions. Complete 2-5 sessions per day.

-If you experience more than a mild increase in pain or develop questions about the exercises or your condition, contact the orthopaedic trauma team at Sports & Orthopaedic Specialists: 952.946.9777

1 **WRIST RANGE OF MOTION**

   Sit with your elbow bent. Curl the wrist up and down.

2 **WRIST CIRCLES**

   Sit with your elbow bent. Move your wrist in circles. Clockwise and counterclockwise.

3 **FOREARM RANGE OF MOTION**

   Sit with your elbow bent. Turn your palm up and down.

4 **ELBOW RANGE OF MOTION**

   Stand with tall posture. Bend and straighten elbow.

5 **OPEN & CLOSE HAND**

   Begin with an open hand. Close your hand into a fist.

6 **THUMB TO FINGER**

   Begin with open hand. Bring thumb to the 5th finger. Open hand. Then bring thumb to 4th finger and so on.