

# WRIST AND ELBOW

# PEP PADS

PROGRESSIVE EXERCISE PRESCRIPTION PADS

**INDICATIONS:**  
 The following exercises are to be used to complement your therapy treatment. Exercise is effective for:

1. Improving strength and endurance.
2. decreasing swelling.
3. Improving mobility and flexibility.

Do each exercise rhythmically.

**PRECAUTIONS:**  
 Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

**EXERCISE FREQUENCY:**

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**REPETITIONS OF EACH:**

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**NOTES:**

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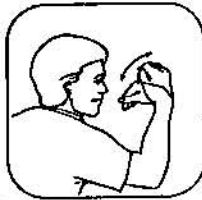
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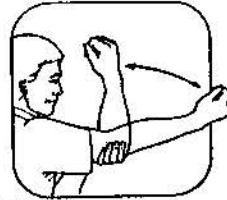
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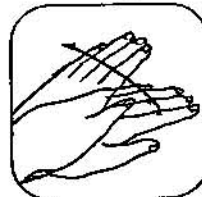
**2. WRIST FLEXION:**  
 Beginning with your wrist in a neutral position as shown, flex it inward as far as possible. Hold. Relax. Repeat.



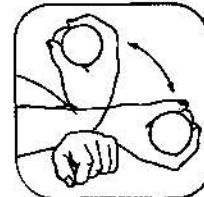
**7. ELBOW EXTENSION:**  
 Cup your elbow in your opposite hand as shown. Now move your hand away from you, straightening out your elbow. Hold. Relax. Repeat.



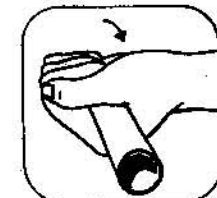
**11. RADIAL DEVIATION WITH WEIGHT:** Stabilize your wrist with your other hand. Bring the dumbbell in your hand upward toward your thumb as far as possible. Relax. Repeat.



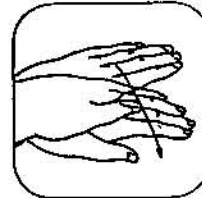
**3. ULNAR DEVIATION:**  
 Place your hand flat on a table top. Slide your hand toward your little finger as shown, while keeping your wrist still. Hold. Relax. Repeat.



**8. WRIST CURLS:** Place your wrist over a rolled-up towel, foam roll or your other wrist with your palm up. Bring the dumbbell upward as far as possible. Lower slowly. Repeat.



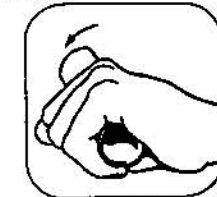
**12. SUPINATION WITH HAMMER:** Hold hammer or weight in an upright position. Now roll your forearm out as far as possible. Hold. Relax. Repeat.



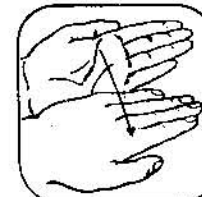
**4. RADIAL DEVIATION:**  
 Place your hand flat on a table top. Slide it toward your thumb as shown, while keeping your wrist still. Hold. Repeat. Relax.



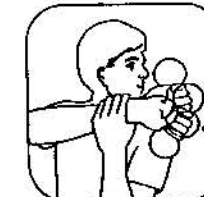
**9. WRIST REVERSE CURLS:** Place your wrist over a rolled up towel, foam roll or your other wrist with your palm down. Bring the dumbbell up as far as possible. Lower slowly. Repeat.



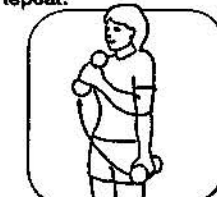
**13. PRONATION WITH HAMMER:** Hold hammer or weight in an upright position. Now roll your forearm in as far as possible. Hold. Relax. Repeat.



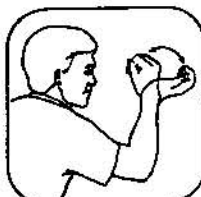
**5. PRONATION/SUPINATION:** Begin with your palm up. Now, rotate your forearm inward so your palm is down. Hold. Relax. Repeat.



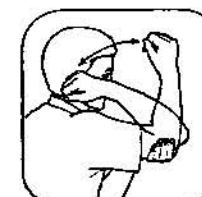
**10. ULNAR DEVIATION WITH WEIGHT:** Stabilize your wrist with your other hand. Bring the dumbbell in your hand up toward your little finger as far as possible. Relax. Repeat.



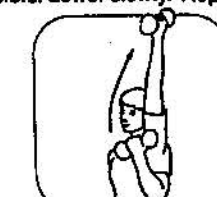
**14. ELBOW CURLS:** Holding the dumbbell at your side, bring your hand up toward your shoulder as far as possible. Lower slowly. Repeat.



**1. WRIST EXTENSION:**  
 Beginning with your wrist in a neutral position, bring it backward as far as possible. Hold. Relax. Repeat.



**6. ELBOW FLEXION:**  
 Cup your elbow in your opposite hand as shown. Now bring your hand up toward your shoulder, bending your elbow as far as possible. Hold. Relax. Repeat.



**15. ELBOW EXTENSION WITH WEIGHT:** Hold the dumbbell as shown at your shoulder. Now straighten your arm upward. Lower slowly. Repeat.