

Burn Care Exercise Program

Wrist Active Assisted Range of Motion

Instructions

Each exercise should take a total of 3 minutes. To help you reach this goal:

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 30 seconds at the end position.

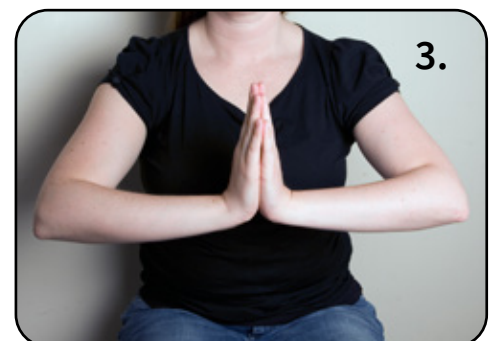
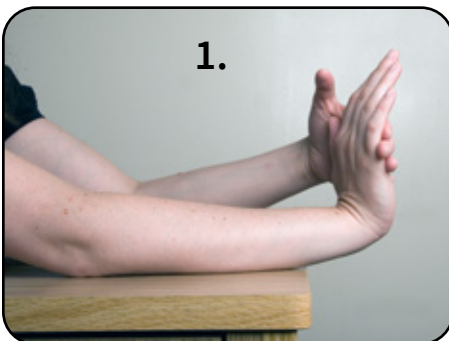
Wrist flexion

- Use your hand to push the other wrist over the edge of the table.



Wrist extension (3 options)

1. Use your hand to push the other wrist up.
2. Place your hand on the table, palm down. Use your other hand to keep your palm flat on the table. Raise your elbow off the table.
3. Place your palms together in front of you. Keeping your palms pressed together, bring your hands into a prayer position.



Radial deviation

- Place your palm on the table. Use 1 hand to pull the other hand towards you.



Ulnar deviation

- Place your palm on the table. Use 1 hand to push the other hand away from you.



Pronation

- Bend your elbow. Keeping it at your side, use your other hand to turn your stiff wrist so that the palm faces upward. Keep your elbow and shoulder from moving.



Supination

- Bend your elbow. Keeping it at your side, use your other hand to turn your stiff wrist so that the palm faces downward. Keep your elbow and shoulder from moving.



What are your questions? Please ask.

Therapist: _____ **Phone:** _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.