

# Burn Care Exercise Program

## Wrist Active Assisted Range of Motion

### Instructions

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

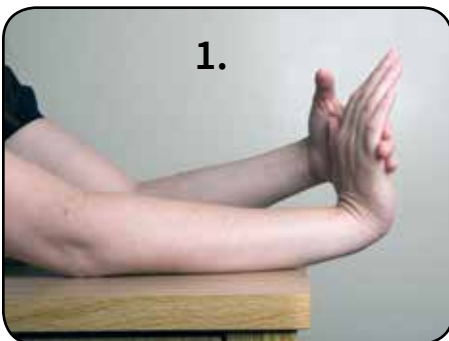
### Wrist flexion

- 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 palm on table. Use one hand to pull the other hand towards you.



## Ulnar deviation

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



## Pronation

- Bend your elbow. Keeping it at your side, use your good 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 good 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:** \_\_\_\_\_

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