

# Burn Care Exercise Program

## Wrist Active 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 and extension

- Bend your wrist up and down over the edge of the table.



What are your questions? Please ask.

Therapist: \_\_\_\_\_

Phone: \_\_\_\_\_

*Prepared by: Rehabilitation Services  
Designed by: NSHA Library Services*

## Wrist radial and ulnar deviation

- Place your palm on a table.
- Bend your wrist toward and away from you.



## Pronation and supination

- Bend your elbow and place it on the table.
- Turn your palm up and down. Keep your elbow and shoulder from moving.

