

2020

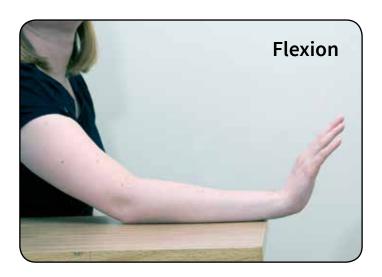
Burn Care Exercise Program Wrist Active Range of Motion

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.



