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: _____________________________
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.