

Burn Care Exercise Program

Elbow 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.

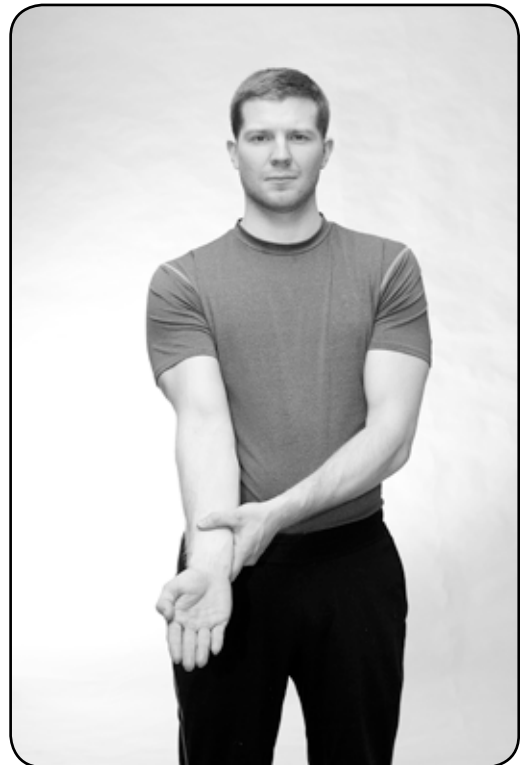
Elbow flexion

- Start with your arm by your side. Slowly bend your elbow using your other hand.
- Return to the starting position.



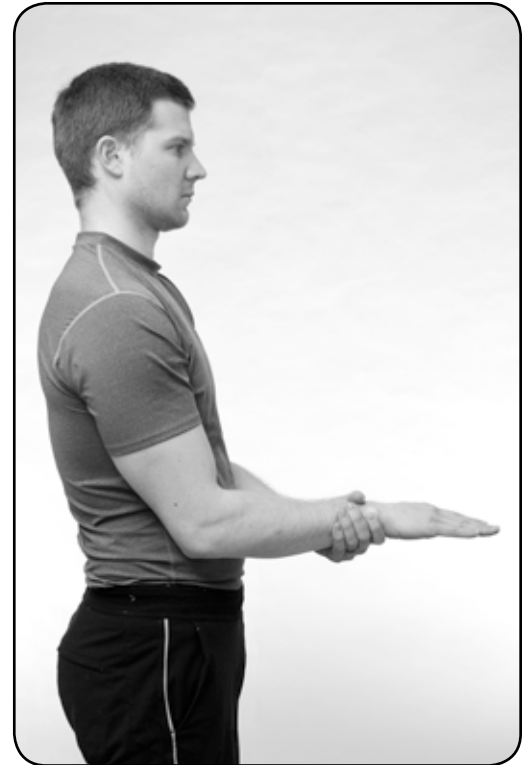
Elbow extension

- Slowly straighten your elbow using your other hand.
- Return to the starting position.



Pronation

- Bend your elbow and keep it at your side.
- Use your other hand to turn your wrist so that your palm is facing down.



Supination

- Bend your elbow and keep it at your side.
- Use your other hand to turn your wrist so that your palm is facing up.



What are your questions? Please ask.

Therapist: _____

Phone: _____

*Prepared by: Rehabilitation Services
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