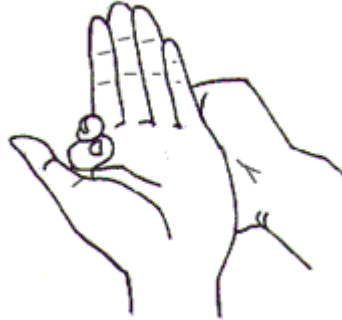


Elbow/Forearm Range of Motion



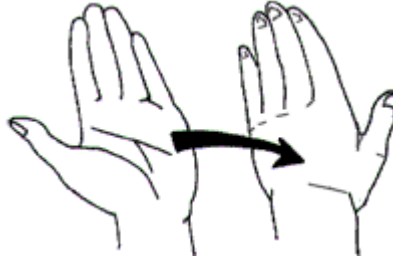
GRAB YOUR HAND AS ILLUSTRATED AND TWIST WRIST TO OBTAIN A STRETCH. YOUR PALM WILL FACE UP WHEN COMPLETE RANGE OF MOTION IS RECOVERED.

Repeat:	10 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



GRAB THE BACK OF YOUR HAND AS ILLUSTRATED AND GENTLY TWIST THE WRIST TO OBTAIN A STRETCH. YOUR PALM WILL FACE DOWN WHEN YOUR FULL RANGE OF MOTION IS RECOVERED.

Repeat:	10 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



GENTLY ROTATE THE WRIST TURNING THE PALM UP AND THEN DOWN.

Repeat:	10 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



BEND YOUR ELBOW AS FAR AS IS COMFORTABLE AND THEN RETURN TO THE STARTING POSITION.

Repeat:	10 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



LYING ON YOUR BACK WITH A TOWEL ROLL JUST ABOVE YOUR ELBOW, LET THE FOREARM AND HAND STRAIGHTEN OUT AS MUCH AS POSSIBLE.

Repeat:	10 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



GRAB YOUR INVOLVED FOREARM AT THE WRIST AND BEND YOUR ELBOW AS FAR AS IS COMFORTABLE AND THEN RETURN IT TO THE STARTING POSITION.

Repeat: 10 times **Sets:** 1

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day