

Level 1 Function:

Instructions:

- Do not complete all exercises in one session, instead spread exercises out throughout the day
 - Example: complete 2 exercises every 2 hours

Goals:

- Achieve frequent, gentle movement of joints and tendons

Requirement for progression:

- 10 days of diligent adherence to program
- Slight pain while performing the exercises is acceptable

1. Elbow Flexion + Extension AROM

Reps: 10 | **Tempo:** slow with intention |
Intensity: push limits | **Frequency:** 2-3/day

Execution:

- Bend elbow up
- Straighten elbow down (as far as possible, try to fully straighten)



Arm straight



Bend elbow

2. Wrist Flexion + Extension AROM

Reps: 10 | **Tempo:** slow with intention |
Intensity: push limits | **Frequency:** 2-3/day

Preparation:

- Sit comfortably, elbow supported and bent **don't do this with elbow straight
- Fingers relaxed and wrist bent forwards

Execution:

- Raise your wrist upwards/back
- Keep your fingers relaxed
- Bend your wrist forwards



Bent wrist, fingers relaxed



Move wrist up, fingers stay relaxed

3. Forearm Rotation

Reps: 10 | Frequency: 2-3x/day

Preparation:

- Sit or stand with your arm at your side, elbow at 90 degrees, forearm neutral

Execution:

- rotate forearm so palm faces down
- axis of rotation is through centre of hand to elbow: wrist does not flex or extend, whole forearm moves as unit
- don't clench or twist through hand
- when you reach limit of forearm movement palm down, use opposite hand at mid forearm to passively stretch / push a bit further.
- hold, then return to start and repeat.
- should not cause inner elbow pain - if it does, relax R hand a bit more and allow L to do the work



Resist bending elbow

4. Wrist Extension Stretch | Prayer

Reps: 5 | Hold: 5 sec |
Frequency: 2-3/day

Preparation:

- Stand with good posture

Execution:

- Place palms together as shown
- lower hands down to floor, keeping palms touching until forearm or wrist stretch felt



Palms together

5. Hand Opening + Closing AROM

Reps: 10 | Frequency: 2-3x/day

Execution:

- Spread fingers wide open
- Now make a fist



Spread finger wide



Now make a fist

6. Thumb Opposition

Reps: 10 | Frequency: 2-3x/day

Preparation:

- Start with your palm open, facing up

Execution:

- Bend your thumb toward the base of your little finger
- arc back up and out

Level 2 Function:

Instructions:

- Exercises in level 2 onwards are to be completed once per day

Goals:

- Begin to add resistance to hand and forearm muscles

Requirement for progression:

- Elbow pain lingering > 20 minutes after exercises indicates that progression is not appropriate

1. Hand AROM (Rice, Bowl)

Duration: 2-3 min | Frequency: 1x/day

Preparation:

- Pour rice into a large container
- Consider warming the rice to a safe temperature

Execution:

- Submerge hand in the rice
- Grab a handful of rice
- Twist and turn hands at the wrist and release the rice - keep movement very dynamic and avoid heavy grip or constant repetition



Hands in rice



Submerge and grasp handfuls of rice



Turn wrists and release

2. Forearm Pronation + Supination (Hammer)

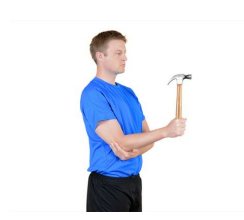
Sets: 1-2 | Reps: 10-15 |
Frequency: 1x/day

Preparation:

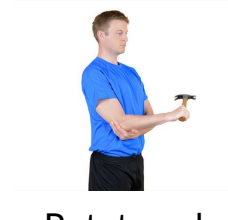
- Hold a hammer in your hand so that it is straight up and down

Execution:

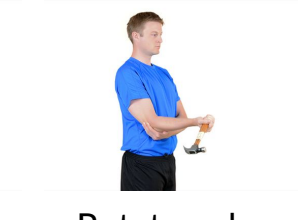
- Turn your forearm so that your palm faces upwards
- Turn your forearm so that your palm faces the ground
- Do each motion in a controlled manner
- do not twist or "break" wrist



Start position



Rotate palm downward



Rotate palm upward

Level 3 Function:

Instructions:

- Add this exercise once Level 2 is too easy

1. Wrist flex/ext ROM with stick

Sets: 1-2 | Reps: 10-15 | Freq: 1x/day

Hold 1" dowel (or broomstick handle) in both hands. Elbows are flexed 90 degrees and at your side. One hand works at a time, stick will spin freely in non-working hand. You can tie a string as a visual aide, there is NO weight attached.

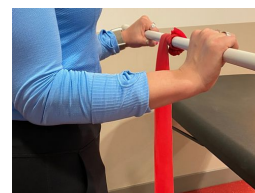
With each repetition (forward or back), return hand to start position ... you re repeatedly rolling stick forward x 10 then back x 10



Start position



1. Grasp stick and flex working hand forward as far as it can go, until you feel a strong stretch on the back (usually). Do not allow elbow to wing, fingers to lift off or wrist to deviate.



2. Repeat, this time grasp stick and extend wrist to spin stick backwards repeatedly

Level 4 Function:

Instructions for therapists:

- Consider progression to flex bar once patient has completed this level of rehab

1. Wrist Extension Eccentric (Dumbbell)

Sets: 1 | Reps: 10 |
Frequency: 1X/DAY

Preparation:

- Hold hand weight.
- Hang wrist over edge of table/ arm rest or on lap, palm down.
- Bend wrist up toward ceiling. Do not lift forearm off table.

Execution:

- SLOWLY lower wrist down, 'fighting' the resistance... SLOW WITH CONTROL
- Bend wrist up, returning to the start position.



Extend wrist toward ceiling



Slowly lower wrist, fighting the resistance



Open fingers slightly

2. Wrist Flexion Concentric (light Dumbbell)

Sets: 1 | Reps: 5-10 | Tempo: SLOW |
Frequency: 1x/day

Preparation:

- Hold hand weight.
- Hang wrist over edge of table or your lap, palm up. ** needs to be pain free - change angle of arm to decrease rotation if needed (ie, bring closer to your body)

Execution:

- Curl wrist toward ceiling. Do not lift forearm off table.
- If painful, you can assist the movement with other hand (assist wrist curl)
- Only bend up to edge of pain
- Relax wrist back down - SLOW WITH CONTROL
- **ADVANCED: (not yet...)**As wrist relaxes, let weight roll toward tips of fingers, feeling for an increased stretch in your palm.



Wrist over edge, support forearm



Curl wrist toward ceiling