

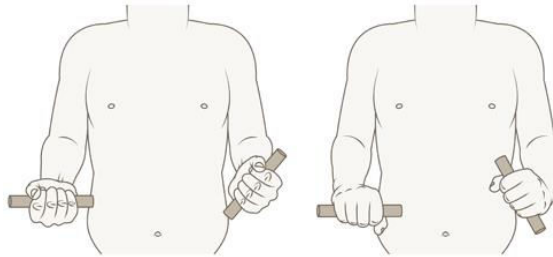


Upper Extremity Range of Motion Exercises

The **Elbow** is essentially a hinge joint that is capable of Flexion (i.e. bending) and Extension (i.e. straightening).



The **Forearm** provides for rotation of the hand called Supination (i.e. palm up) and Pronation (i.e. palm down). To prevent the shoulder from compensating for restricted forearm rotation, practice this motion with the elbow held steady at the side.



The **Wrist** can Flex (see below left) and Extend (see below right).



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