

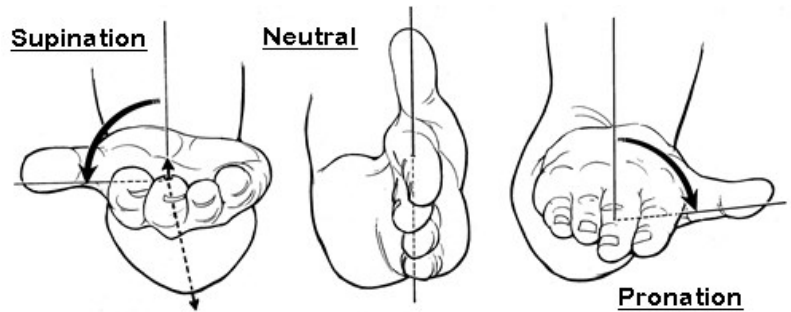
Orthopedic Trauma

Wrist & Elbow Range of Motion



Wrist Extension and Flexion

Place your arms at your side with elbows bent. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor, keeping your elbow tucked.



Elbow Extension and Flexion

Come out of the sling several times throughout the day to work on gently elbow range of motion and avoid developing stiffness. Remove the sling and let your elbow gently straighten out with gravity. Hold for 30 seconds and gently flex back up to starting position.



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