Wrist AROM Home Exercise Program

Hold each stretch for ______ seconds  Repeat _____ times  Do ____ times per day

• Let your hand hang over the edge of a table or on a rolled-up towel.
• Move your hand up and down, bending at the wrist, keeping fingers relaxed.

• Let your hand hang over the edge of a table or on a rolled-up towel.
• Loosely grasp a light dowel.
• Move your hand up and down, bending at the wrist.

• Lay hand flat on the table.
• Move hand towards small finger and then towards thumb, bending at the wrist.

• Keep elbow tucked by side, bent at a 90-degree angle.
• Rotate palm up and down.