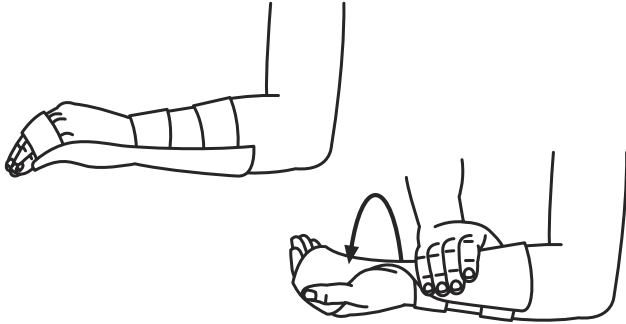
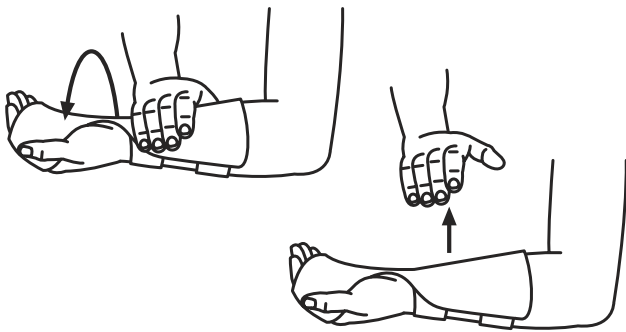


1. Supination stretch



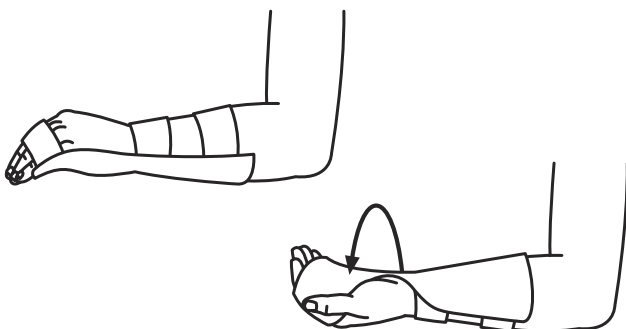
- ▶ Keep your elbow bent at 90° with your upper arm against your body.
- ▶ Start with your palm down.
- ▶ Use your other hand to turn your arm until your palm is up and hold for _____ seconds.
- ▶ Repeat _____ times.

2. Supination stretch then hold



- ▶ Do a supination stretch as above.
- ▶ Then use your muscles to keep your palm up and once you can do this, remove your other hand.
- ▶ Hold for _____ seconds.
- ▶ Repeat _____ times.

3. Active supination



- ▶ Keep your elbow bent at 90° with your upper arm against your body.
- ▶ Start with your palm down.
- ▶ Use your muscles to turn your palm up without using your other hand.
- ▶ Hold for _____ seconds.
- ▶ Repeat _____ times.

Name of Therapist:

Phone:

Please contact your occupational therapist if you have any queries about the above information.