Forearm ROM Exercises

Do these _________ times per day.
Hold each position just beyond first point of pain for _______________ seconds. Do not go to the most extreme pain that you can tolerate.

1. **Active Supination**- Start with elbow tucked against your side. Slowly turn forearm so palm of hand is face up.
Repet_________ times

2. **Passive Supination**- Start with elbow tucked in against your side. Hold onto a light weight hammer. Slowly turn your hand so palm is face up. Hold to let the hammer stretch your forearm. Repeat____________ times.

3. **Active Pronation**- Start with elbow tucked against your side. Slowly turn forearm so palm of hand is face down.
Repet_________ times.

4. **Passive Pronation**- Start with elbow tucked against your side. Hold onto a light weight hammer. Slowly turn your hand so palm is face down. Hold to let hammer stretch your forearm. Repeat ______________ times.

Call if questions:________________________________________________________________________ Date:__________________