



## 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. Repeat \_\_\_\_\_ times



2. **Passive Supination**- Start with elbow tucked in against your side. Hold onto a light weight hammer. Slower 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 pal of hand is face down. Repeat \_\_\_\_\_ times.



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



Call if questions: \_\_\_\_\_ Date: \_\_\_\_\_