### Hand/Wrist/Elbow Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Sets &amp; Reps:</th>
<th>Frequency</th>
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</thead>
<tbody>
<tr>
<td>Finger Extension</td>
<td>With your hand flat on a table, extend your finger as far as you can. Lower and repeat.</td>
<td>3 x 15-20</td>
<td>Daily</td>
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<tr>
<td>Finger Flexion</td>
<td>With your fingers straight [1], make a fist [2]. Return to the start position and repeat.</td>
<td>3 x 10-15</td>
<td>Daily</td>
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<tr>
<td>Full Fist</td>
<td>Staring with your hand straight [1], bend all of your fingers to form a full fist [2]. Hold this position for 5 seconds then return to the start position [1] and repeat.</td>
<td>2 x 10</td>
<td>2-3 x day</td>
</tr>
<tr>
<td>Radial &amp; Ulnar Deviation</td>
<td>Keeping your hand and forearm in-line, flex your wrist as far as you can towards your thumb and then towards your little finger.</td>
<td>1 x 10</td>
<td>3-4 x day</td>
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<tr>
<td>Wrist Flexion and Extension</td>
<td>Bend your wrist down and up as far as you can.</td>
<td>1 x 10</td>
<td>3-4 x day</td>
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</table>
**Pronation / Supination Stretch**
With your elbow bent to 90° against your side (or resting on a table), turn your palm to face up [1] then to face down [2]/ Add overpressure with your opposite hand for an extra stretch if required.

**Sets & Reps:** 10 reps  
**Frequency:** 3-4 x day

**Elbow Flexion and Extension**
Bend and straighten your elbow as far as you can.

**Sets & Reps:** 3 x 15-20  
**Frequency:** 3-4 x day

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**Upper Extremity Arom**

**Shoulder Shrugs**
Stand with your arms relaxed at your side. From this position. Shrug your shoulders upwards as far as you can. Hold briefly then lower and repeat.

**Sets & Reps:** 2 x 15  
**Frequency:** Daily

**Standing Shoulder Flexion**
While keeping your elbow straight, raise and lower your arm as far as you can in a large arc. Continue this slow and controlled movement for up to 5 minutes or until fatigue.

**Sets & Reps:** 5 min / fatigue  
**Frequency:** 3-5 x day

**Elbow Flexion and Extension**
Bend and straighten your elbow as far as you can.

**Sets & Reps:** 3 x 15-20  
**Frequency:** 3-4 x day

**Active Horizontal Shoulder Adduction**
In standing with your elbow bent to 90°, raise your arm out to the side to shoulder height [1]. Move your arm in a horizontal plane across your body as far as you can, bringing your hand towards your opposite shoulder [2]. Return to the start position [1] and repeat.

Sets & Reps: 10 reps  
Frequency: 3 x day

**Active Shoulder Flexion**
Rest your hand on your shoulder with your palm facing upwards [1]. Push your hand up towards the ceiling, straightening your elbow [2]. Slowly bend your elbow, lowering your hand back to your shoulder [1]. Repeat.

Sets & Reps: 3 x 10-15  
Frequency: Daily

**Forearm Rotation**
With your elbow bent to 90°, and against your side, turn your palm to face up [1], then to face down [2]. Slowly repeat this movement.

Sets & Reps: 10-15 reps  
Frequency: 3-4 x day

**Wrist Flexion & Extension**
Bend your wrist down and up as far as you can.

Sets & Reps: 1 x 10  
Frequency: 3-4 x day

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**Passive Shoulder Exercises**

**Shoulder Pendulums: Front-Back**
While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90°. Generating movement from your hips, gentling swing your arm forward and backward.

Sets & Reps: 2-3 x 1 min  
Frequency: 2-3 x day
Shoulder Pendulums: Circular
While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90˚. Generating movement from your hips, gently swing your arm in small clockwise and anti-clockwise circles.

Sets & Reps: 2-3 x 1 min
Frequency: 2-3 x day

Passive Shoulder Abduction
Sit with your forearm resting on a table with your shoulder relaxed [1]. Use your unaffected arm to slide your forearm out to the side as far as possible [2]. Slide your arm back and repeat.

Sets & Reps: 5-10 reps
Frequency: 3 x day

Passive Shoulder Flexion
Sit with your forearm resting on a table with your shoulder relaxed [1]. Use your unaffected arm to slide your arms forwards as far as possible [2]. Slide your arm back and repeat.

Sets & Reps: 5-10 reps
Frequency: 3 x day

Passive Shoulder Rotation
Sit with your forearm resting on a table with your shoulder relaxed. Use your unaffected arm and pivoting from the elbow, rotate your forearm along the table to the right [1] and left [2]. As far as possible. Repeat.

Sets & Reps: 5-10 reps
Frequency: 3 x day


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