

Elbow, Wrist & Hand – Beginner Home Program

5 exercises · a table, a towel and a soft ball

Patient name: _____ Date: _____ Arm: ☐ Left ☐ Right

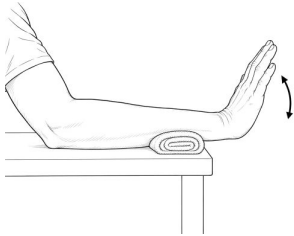
Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 1-2 sets of 10 reps, 1-2 time(s) per day (day / week)

Stretches: hold 20-30 sec, 3 times each side

Hold: 3-5 sec

How: Move slowly and with control, only in a comfortable range. Breathe normally, don't hold your breath. Mild stretch or muscle tiredness is OK; pain is not.

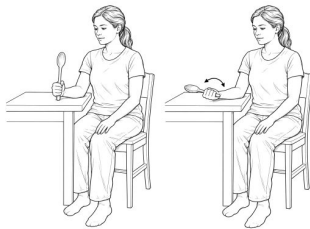


1 Wrist Flexion & Extension · Bend wrist up and down

☐ Assigned

1. Rest your forearm on a table, hand over the edge, palm down.
2. Slowly bend your wrist **up**, then **down**.
3. Hold 3-5 sec each way.

Key cue: Only the wrist moves. Forearm stays on the table.



2 Forearm Rotation · Palm up, palm down

☐ Assigned

1. Sit at a table, elbow bent 90° and tucked at your side.
2. Slowly turn your palm **up**, then **down**.
3. Hold 3-5 sec each way.

Key cue: Elbow stays at your side. Holding a light spoon helps you see the turn.

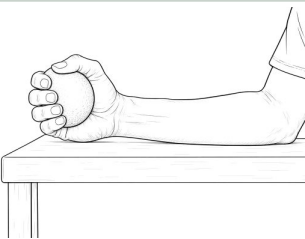


3 Wrist Extensor Stretch · Top of forearm

☐ Assigned

1. Hold your arm straight out in front, palm down.
2. Bend your wrist **down**, fingers toward the floor.
3. With your other hand, gently pull the hand toward you. Hold 20-30 sec.

Key cue: Gentle stretch only. Stop if your fingers tingle.



4 Grip Squeeze · Soft ball or rolled towel

☐ Assigned

1. Rest your forearm on a table, holding a soft ball.
2. **Squeeze** gently, as firm as comfortable.
3. Hold 3-5 sec, then relax fully.

Key cue: Squeeze with the whole hand. Don't hold your breath.



5 Elbow Bend & Straighten · Elbow range of motion

☐ Assigned

1. Sit tall, arm relaxed at your side, palm facing forward.
2. Bend your elbow, bringing your hand **toward your shoulder**.
3. Hold 3-5 sec, then straighten fully.

Key cue: Upper arm stays at your side. Move slowly.



Safety: Stop if you feel sharp pain, new swelling, or numbness or tingling in your fingers, and call your therapist. After surgery or a fracture, follow your surgeon's and therapist's limits first.

Notes from your therapist:

