Active Range of Motion Exercises:
Wrists, Elbows, Hand and Forearms

Repeat each exercise 20 times, 3 times a day.

Exercises

Wrists
Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.

Rest your arm on a table and hang your wrist over the edge. Move your wrist in circles to the right and to the left.

Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.
Hand Squeeze
Hold a squeeze ball in your right hand. Squeeze the ball as hard as you can, and then relax your hand. Repeat the exercise 10 times. After the 10th rep, squeeze the ball again. This time, hold the squeeze for 10 seconds before releasing your grip. Repeat the 10 reps and the hold with your left hand.

Forearms
Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.

Elbows
Place your arm down at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.