



Forearm Rotation Exercises

1. Active forearm rotation

Have your elbow by the side of your body with the elbow at a 90 degree angle. Rotate your forearm, moving so the palm of the hand faces up and then move so the palm is facing the floor.



2. Passive forearm rotation supination

Use the non-injured hand to grasp the wrist and slowly turn the forearm so the palm is facing UP. Turn until a stretch is felt.



3. Passive forearm rotation pronation

Use the non-injured hand to grasp the wrist and slowly turn the forearm so the palm is facing DOWN. Turn until a stretch is felt.



Repetitions _____ Times per day _____ Hold stretch _____