

Exercise Prescription: Repeated Supination

Purpose of Exercise:

This is a self-treatment for forearm/wrist pain and tightness.

Frequency:

You may complete this exercise daily, 10 times every hour until the restriction is worked through.

Starting Position:

Affected elbow bent to 90 degrees, palm facing downward, opposite hand gripping the affected wrist firmly.

Exercise Description:

From the starting position, turn your palm upward, then outward. Assist this motion with your opposite hand until a stretch is felt in the forearm. Return to the starting position.

Repeat this movement ten times. Try to extend the arm progressively farther on each subsequent rep.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads down into the hand or fingers), discontinue the exercise.

Pictures:

