

The Physical and Occupational Therapy Education Project

Upper Extremity Extension Exercises

1. In good posture, with arms down by your side (elbow straight), gently extend your fingers and wrist. If possible, try to do this with your palm facing forward first (supinated). Hold for count of 3 seconds. Perform ___ repetitions, ___ times a day. Should not cause pain or significant tingling.



2. In good posture, with arms above your head (elbow straight) and palm facing up, gently extend your fingers and wrist. Hold for 3 seconds. Perform ___ repetitions, ___ times a day. Should not cause pain or significant tingling.

