

## Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

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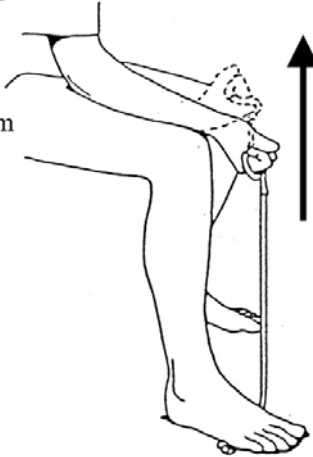
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**HAND – 29**  
**Active Resistive Wrist Flexion**

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm up) as far as possible. Lower slowly, keeping forearm on thigh.

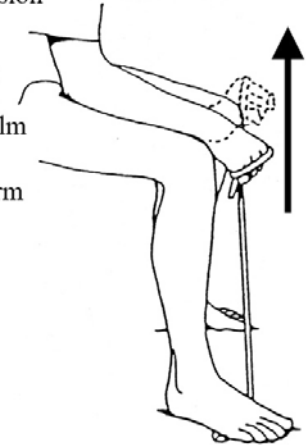
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ session per day.



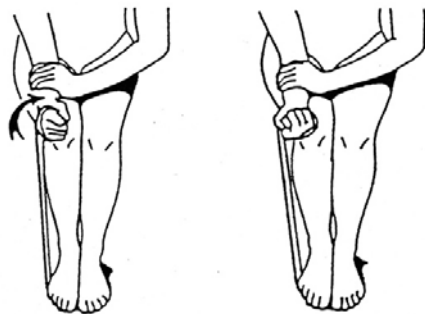
**HAND – 30**  
**Active Resistive Wrist Extension**

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm down) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ session per day.



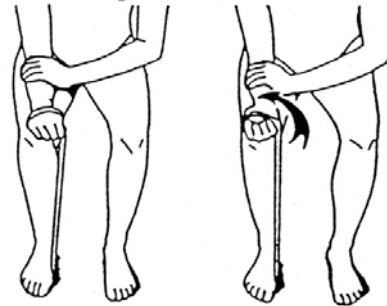
**HAND – 33**  
**Resisted Forearm Pronation**



With palm up, stabilize forearm on thigh with opposite hand. Keep tubing to outside of hand and roll palm down as far as possible.

Hold \_\_\_\_\_ seconds. Relax. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ session per day.

**HAND – 33**  
**Resisted Forearm Supination**



With palm down, stabilize forearm on thigh with opposite hand. Keep tubing to inside of hand and roll palm up as far as possible.

Hold \_\_\_\_\_ seconds. Relax. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ session per day.

HAND – 35  
Active Resistive Elbow Flexion

With tubing wrapped around fist and opposite end secured under foot, curl arm up as far as possible. Lower slowly

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ session per day.



HAND – 36  
Active Resistive Elbow Extension

With tubing wrapped around fist and opposite end secured in door jam, Straighten elbow.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ session per day.

