

3 Sets / 10 Reps



1. Resisted forearm pronation

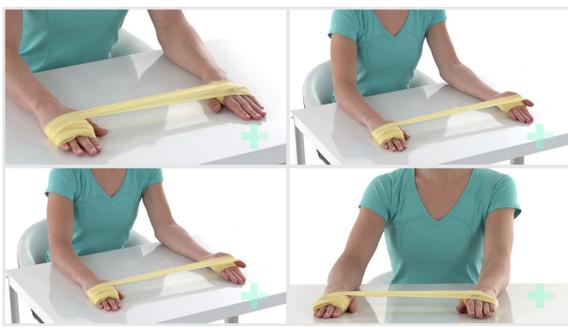
Start in a seated position with a resistance band held in the hand of your affected arm with the other end of the band fixed across you securely by the unaffected arm.

Holding the resistance band, rest your affected arm on the table with your palm facing upwards.

Turn your palm face down, pulling against the resistance of the band.

Control the movement and then return back to the start position and repeat.

3 Sets / 10 Reps



2. Resisted forearm supination

Start in a seated position holding a resistance band in both hands with your affected arm stretched out on a table.

The palm of your affected arm should be facing downwards.

Use your good hand to keep the other end of the resistance band secure and turn the palm of your affected hand face up, pulling against the resistance of the band.

Control the movement of your hand and then return back to the start position.

Relax and repeat.

3 Sets / 10 Reps / 2lbs weight



3. Wrist flexion strengthening eccentric with dumbbell lowering hand (palm up) - lifting PROM with opposite hand, in sitting; 01

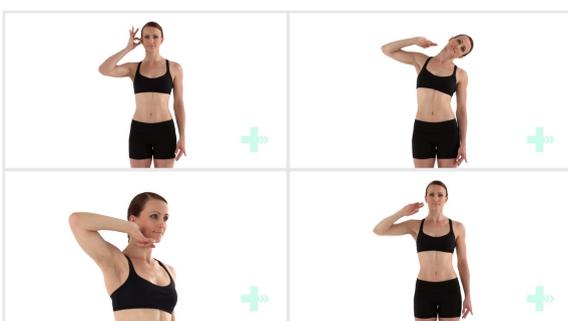
Start in a seated position with your forearm resting on a table, holding a weight in your hand with your palm facing upwards.

Using the other hand, lift your wrist up, keeping your forearm in contact with the table.

Remove your other hand and then slowly lower your raised hand back down without support.

Relax and repeat.

3 Sets / 10 Reps



4. "OK" Ulnar nerve mobilization with side bending, arm abducted 90/90; 01

Stand upright and make a circle between the thumb and index finger of your affected arm.

Hold this hand up by your ear and then rotate your fingers away from you towards your little finger.

Start to bring your bent elbow out to the side and then bring the palm of your hand towards the side of your face until you reach the point of tension.

Do not push any further.

At this point, tilt your head away from this side, whilst simultaneously moving your hand away from the side of your head.

As you lift and move your head back to the centre, bring your hand back to the side of your face.

Perform this exercises in one fluid movement.