

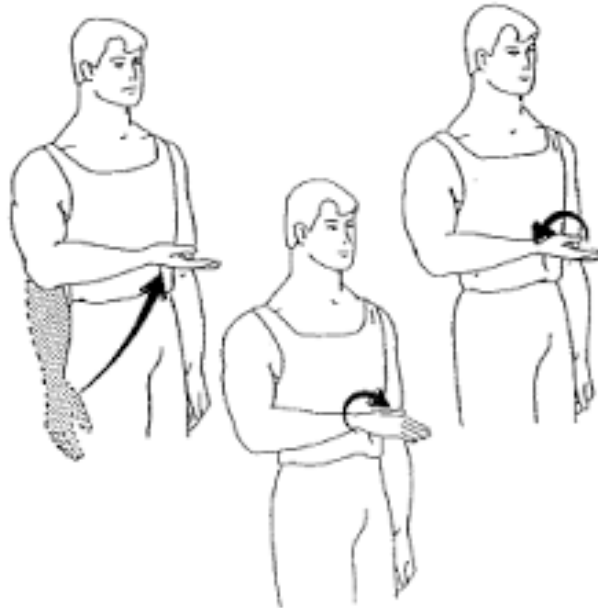


LANG HAND THERAPY

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FOREARM RANGE OF MOTION



- PLACE ARM FIRMLY AT SIDE, BEND ELBOW 90°
- ROTATE THE FOREARM PALM UP (SUPINATION)
- ROTATE THE FOREARM PALM DOWN (PRONATION)
- PLACE AND HOLD: USE UNINVOLVED HAND TO ASSIST THE INJURED HAND TO ACHIEVE END RANGE OF MOTION. HOLD END RANGE WITH THE POWER OF THE INJURED HAND (5 SECOND HOLD)