**HOME EXERCISE HANDOUT**

1. Pronation (palm down)
	1. Keep elbow at side during motion.
2. Supination (palm up)
	1. Keep elbow at side during motion.

Figure 1 Summit Medical Group



1. Wrist Extension
2. Wrist Flexion

Figure 2 Summit Medical Group

1. Dart throwers (toward thumb)

Figure 3 Orfit.com

1. Dart throwers (toward small finger)

10 second hold for each motion