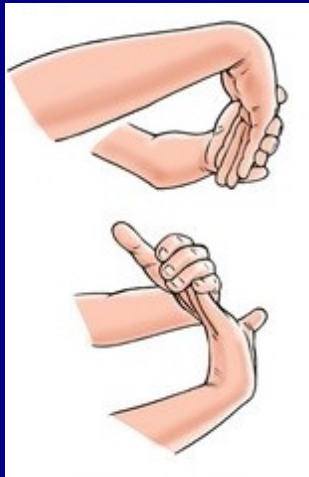


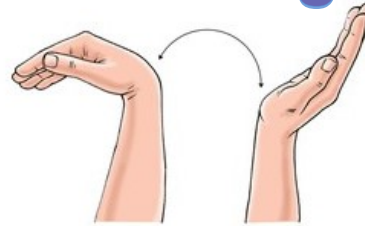
stretching



Wrist stretch:

Press the back of the hand on your injured side with your other hand to help bend your wrist. Hold for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction. Hold for 15 to 30 seconds. Keep the arm on your injured side straight during this exercise. Do 3 sets.

stretching



Wrist active range of motion, flexion and extension:

Bend the wrist of your injured arm forward and back as far as you can. Do 2 sets of 15.



Forearm pronation and supination:

Bend the elbow of your injured arm 90 degrees, keeping your elbow at your side. Turn your palm up and hold for 5 seconds. Then slowly turn your palm down and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90 degrees while you do the exercise. Do 2 sets of 15.

Ulnar collateral ligament injury of elbow rehabilitation exercises



Created by :

Rowaida El-Chami

Resisted elbow flexion and extension:

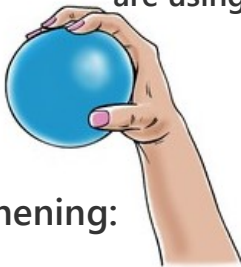
Hold a can of soup with your palm up.

Slowly bend your elbow so that your hand is coming toward your shoulder.

Then lower it slowly so your arm is completely straight. Do 2 sets of 15.



Slowly increase the weight you are using.



Grip strengthening:

Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2 sets of 15.

strengthening

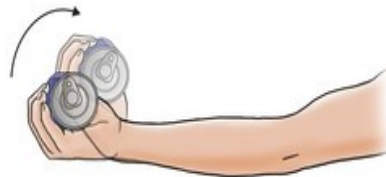
Forearm pronation and supination strengthening:

Hold a soup can or hammer handle in your hand and bend your elbow 90 degrees. Slowly turn your hand so your palm is up and then down. Do 2 sets of 15.



Wrist flexion:

Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 2 sets of 15. Gradually increase the weight of the can or weight you are holding.



Wrist flexion with ulnar deviation:

Hold a can or hammer handle with your palm facing up. Bend your wrist upward and toward the pinky side of your hand. Slowly return to the starting position. Do 2 sets of 15. Gradually increase the weight of the object you are holding.

