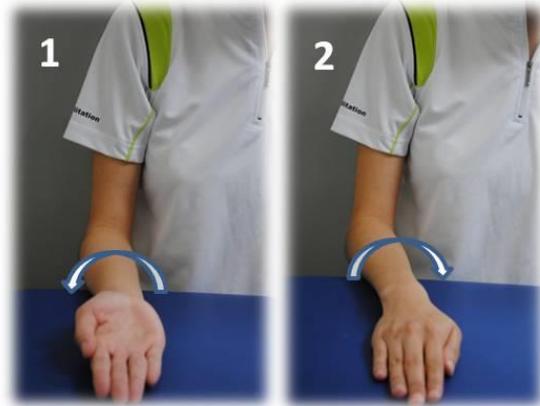


## WRIST FLEXION AND EXTENSION



FOREARM PRONATION AND SUPINATION

- Bend your elbow to 90 degrees.
- Your forearm should be neutral position.
- Rotate your forearm so that the palm faces upward.
- Rotate your forearm again so that your palm faces downward.

**Repeat this exercise 10-15 times**

- Place your forearm on a table with the hand hanging from the edge.
- Lift your hand toward the ceiling.
- Lower your hand toward the floor.

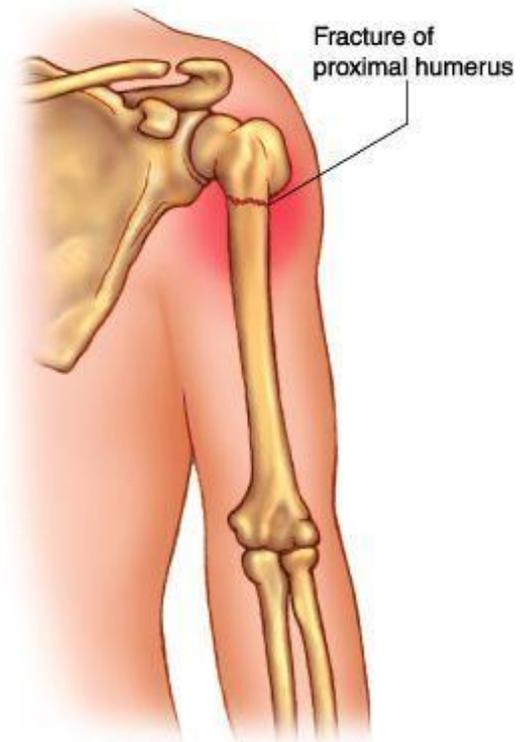
**This exercise is performed 10 times**

**Neutral**



# Proximal Humerus Fracture

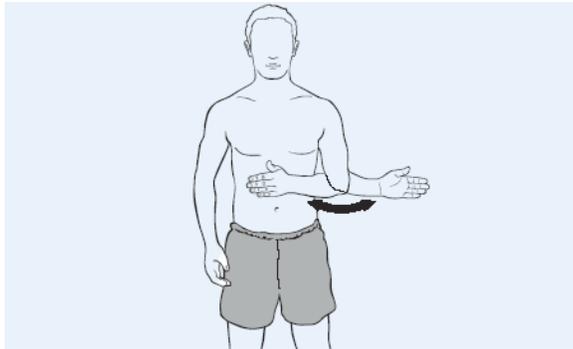
HOME PROGRAM



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## SHOULDER EXTERNAL ROTATION

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- Bend your elbow to 90 degrees.
- While keeping your elbow bent rotate your forearm outward.
- Return to the starting position

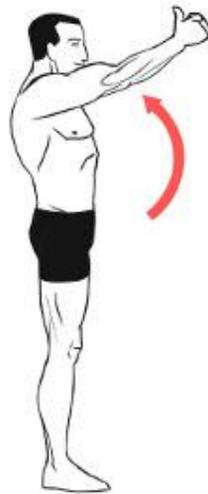
**Repeat this exercise 10 times**

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## SHOULDER FLEXION

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- Place your thumb so that it faces up.
- Move your arm up while keeping it close to your body.

**Repeat this exercise 10 times**

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## FINGER EXTENSION

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- Make a fist with your hand.
- Open your hand and extend your fingers as wide as possible.

**Repeat this exercise 10 times**

