


This document can help the physiotherapist to assess your elbow and wrist via telephone. It is not a list of exercises. The physiotherapist may not need you to try all of these movements. Wait until you have discussed with your physiotherapist the movements they would like to assess.

1-3. To assess the amount of movement or stretch you have at the elbow and forearm

	<p>1. ELBOW flexion: in standing/ sitting</p> <p>Starting with your arm at your side (first picture)</p> <p>Bend your arm at the elbow (second picture)</p> <p>Adding pressure with your other hand (third picture)</p>
	<p>2. ELBOW extension: in standing/ sitting</p> <p>Starting with your elbow at your side- tense your muscles to try and straighten you elbow as far as it will go as shown in picture</p>


	<p>3. FOREARM pronation/ supination: in standing/ sitting</p> <p>Starting with your elbow bent and your upper arm and elbow resting against your side (first picture)</p> <p>Turn your hand palm up (second picture)</p> <p>Turn your hand palm down (third picture)</p>
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4-7. To assess the control or the strength of the muscles around your elbow and forearm

	<p>4. ELBOW flexion: in standing/ sitting</p> <p>Start with your elbow bent and your upper arm and elbow resting against your side. Using your other hand for resistance push up in the direction shown in the picture to activate the muscles in your arm.</p>
	<p>5. ELBOW extension: in standing/ sitting</p> <p>Starting with your elbow bent and your upper arm and elbow resting against your side. Using your other hand for resistance push down in the direction shown to activate the muscles in your arm.</p>
	<p>6. ELBOW extension: in sitting</p> <p>Hold onto the arms of the chair (first picture)</p> <p>Use your arm muscles to lift yourself off the seat (second picture)</p>
	<p>7. FOREARM pronation/ supination: in sitting/ standing</p> <p>Using a towel, try twisting it as though ringing out a wet towel (as shown in picture), first one direction then the other</p>

8-12. To assess the amount of movement or stretch you have at the wrist

		<p>8. WRIST flexion: in sitting</p> <p>Sitting with your forearm supported (first picture)</p> <p>Bend your wrist forwards (second picture)</p>
		<p>9. WRIST extension: in sitting</p> <p>Sitting with your forearm supported</p> <p>Bend your wrist backwards as shown in picture</p>
		<p>10. WRIST ulnar deviation: in sitting</p> <p>Sitting with your forearm supported</p> <p>Tilt your wrist downwards as shown in picture</p>
		<p>11. WRIST radial deviation: in sitting</p> <p>Sitting with your forearm supported</p> <p>Tilt your wrist upwards as shown in picture</p>

	<p>12. WRIST extension (assisted): in sitting/ standing Bring your palms together Take your elbows out to the side keeping the palms flat together as shown in picture</p>
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13-16. To assess the strength and stretch around your wrist

	<p>13. WRIST extension: in sitting</p> <p>Sitting with your forearm supported (first picture)</p> <p>Using your other hand for resistance push up in the direction shown to activate the muscles in your forearm (second picture)</p>
	<p>14. WRIST flexion: in sitting</p> <p>Sitting with your forearm supported (first picture)</p> <p>Using your other hand for resistance push up in the direction shown to activate the muscles in your forearm (second picture)</p>
	<p>15. WRIST flexion (stretch): in standing/ sitting</p> <p>Hold your arm out in front and use your other hand to stretch your wrist into a downwards flexion movement as shown in picture</p>
	<p>16. WRIST extension (stretch) in standing/ sitting</p> <p>Hold your arm out in front and use your other hand to stretch your wrist into an extension movement as shown in picture</p>

17-19. To assess the amount of movement or stretch you have in your fingers

	<p>17. HAND/ FINGERS- making a fist/ gripping Close your fingers into a tight fist as shown in picture</p>
	<p>18. HAND/ FINGERS- extension Open your fingers up into a stretch position as shown in picture</p>
	<p>19. HAND/ FINGERS- hook grip: Close your fingers into a bent position without bending at the knuckles, as shown in picture.</p>