

Active stretch

Stretching the forearm to get the palm of the hand upwards.

Pronation / supination (pronation is when the forearm and hand face downward and supination is when the forearm and hand face upwards)

This will help to stretch the muscles in the forearm

- With the arm supported on a pillow bring the palm upwards and support the forearm with the other hand.
- Hold the stretch for 30 seconds and repeat 3 - 5 times, or as far as is comfortable
- Work towards being able to get the back of the hand on the pillow, or as far as is comfortable



Forearm
and hand in
supination