

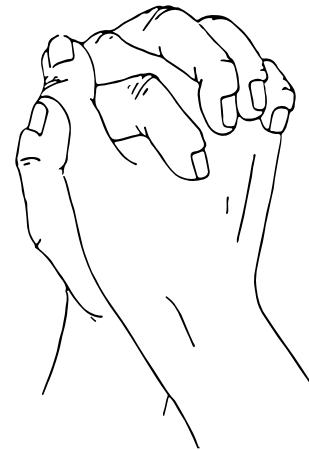


# Range of Motion Exercises

## Preparation:

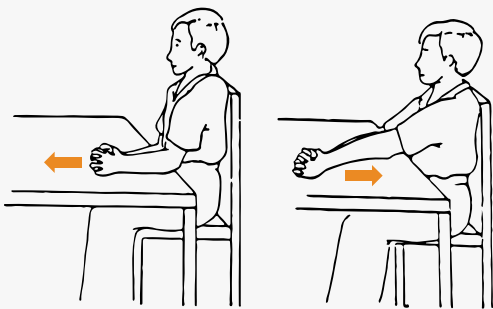
- 1 You should be sitting up straight with both feet flat on the floor. You should be positioned so you can comfortably place both elbows on the table.
- 2 Then, clasp hands with weak thumb on top.

*(See example to the right.)*



## Exercises:

Perform each of these exercises 10 times.



With hands clasped, slide arms forward on the table reaching as far as you can.



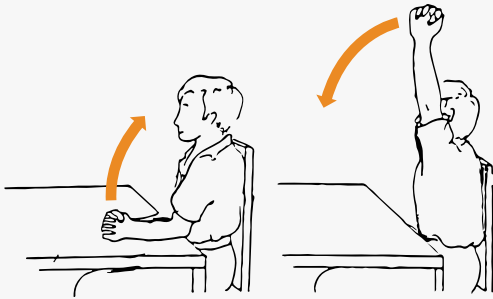
With hands clasped and elbows bent, slowly lean to the right and the left. The back of the hand should touch the table, or as close as you can.





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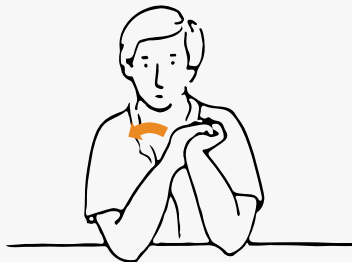
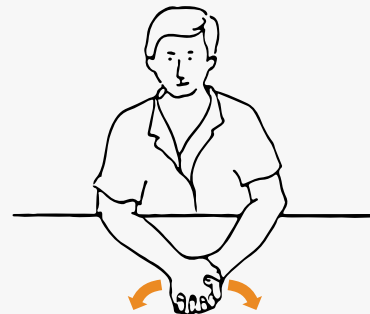
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With hands clasped and elbows straight, raise both arms over head as far as you can.

With hands clasped straight out in front of you and elbows on the table, touch the back of each hand to the table.

*(Keep elbows on the table at all times.)*



With hands clasped and elbows bent and on the table, bend wrist from right to left.



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