

Arms Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Front Arm Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Triceps Stretch

Sets Reps Frequency Time Duration

Forearm Strengthening in Pronation with a Therapy Band

Sets Reps Frequency Time Duration

Forearm Strengthening in Supination with a Therapy Band

Sets Reps Frequency Time Duration

Elbow Ranges of Motion - Flexion and Extension

Sets Reps Frequency Time Duration

Elbow Ranges of Motion - Pronation and Supination

Sets Reps Frequency Time Duration

Wrist Range of Motion

Sets Reps Frequency Time Duration

Wrist Range of Motion - Extension and Flexion

Sets Reps Frequency Time Duration

Wrist Extension with a Therapy Band

Sets Reps Frequency Time Duration

Wrist Flexion with a Therapy Band

Sets Reps Frequency Time Duration

Grip Strengthening with a Tennis Ball

Sets Reps Frequency Time Duration

Hand and Fingers Stretch

Sets Reps Frequency Time Duration

Finger Walking - Shoulder Ranges of Motion

Sets Reps Frequency Time Duration