



Lexington
Clinic
Orthopedics
Sports Medicine

Pronation / Supination



INSTRUCTIONS

Use a weight bat, hammer or stick of any kind, weighing 2-3 pounds.

Stand, holding weighted stick with elbow at 90 degrees wrist in neutral position. Move wrist into Pronation with a 3 count hold. Return to neutral position. Move wrist into Supination position with a 3 count hold.



Questions or concerns? Contact Mike Howell at 859.258.8520.