

# Graded Supination and Pronation with Weight Hand Therapy

Start with the low weight and slowly increase when you don't feel as much pull. Make sure that the weight is not too heavy. Monitor your posture to ensure you are not leaning, to enable you to get the best out of the exercise. Can be useful to do this in front of a mirror. Make sure you have good grip of your weight. Slowly from neutral turn palm up, hold, then slowly turn palm down and hold - repeat and hold as advised.

Newspaper / magazine rolled or hair brush

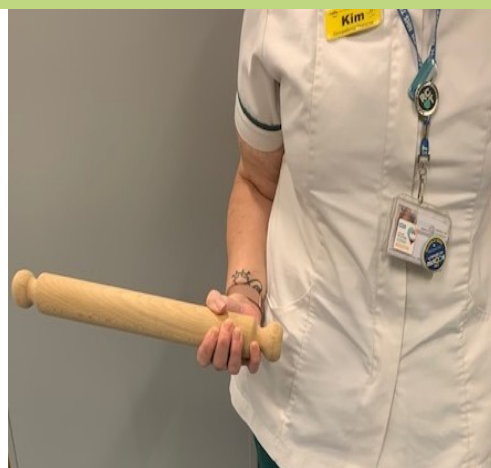


Rolling pin or broom handle

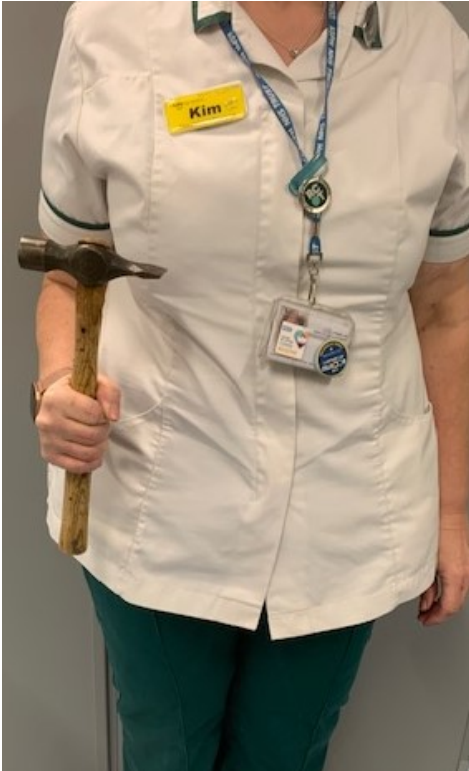


## Posture

- Elbow tight into side
- Check you are not leaning
- Make sure you have good grip of the weight
- Make sure the weight is not too heavy



Small hammer weight (no heavier)



Please complete			Times a day
Holding each position			Seconds
Repeat			Times

## Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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