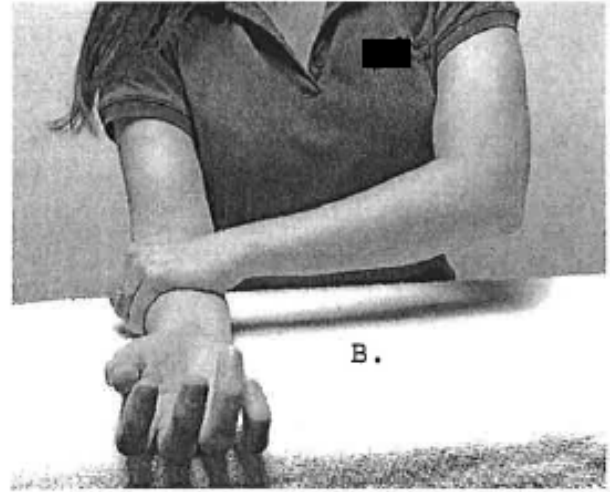
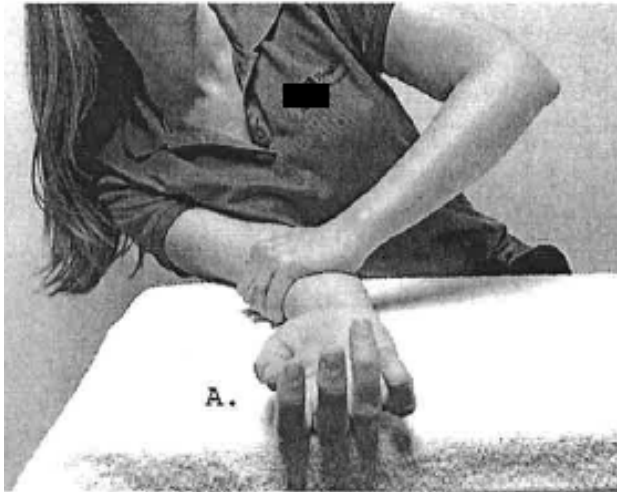


# Passive Supination and Pronation

## FOREARM SUPINATION STRETCH



Have forearm rest on table top with palm facing up. Lean body towards thumb side. Place opposite hand on forearm being stretched and hold in place. Bring trunk to neutral sitting position as forearm is held in original position. Hold stretch for \_\_\_\_ seconds.

## FOREARM PRONATION STRETCH



Have forearm rest on table top with palm facing down. Lean body towards thumb side. Place opposite hand on forearm being stretched and hold in place. Bring trunk to neutral sitting position as forearm is held in original position. Hold stretch for \_\_\_\_ seconds.