

Pronation Theraband Strengthening



Hold the Theraband firmly in each hand, then cross your forearm underneath, palm facing up holding the unaffected side still, roll your forearm so that your palm faces down and control as you return hand to starting position.

Supination Theraband Strengthening



Hold the Theraband Firmly between your hands, with the affected side palm down. Holding the unaffected side still, roll your forearm over so that the palm now faces up, then control it back.