Patient Instructions for Wrist Range of Motion Photographs

Use the following instructions and corresponding figures for taking photographs. Any camera device can be used. Have someone else take the photographs; do not attempt to take photographs on your own. Ensure that no clothing covers any portion of the arm pictured. Once obtained, *send all six photographs to drwolferesearch@HSS.EDU*. If you have any questions, call Parker Johnsen at 212-606-1529.

Camera position for the first four pictures should be as follows: (1) Position directly above the hand and wrist as in images below, (2) center camera over your wrist, and (3) place camera at height where picture includes your fingertips *and* elbow crease.

Active Flexion/Extension

1. Place forearm flat on table. Sit comfortably at a table so that your shoulder is just slightly higher (i.e., 2–4 in) than your elbow.

2. **Fig. 1—**Place your hand so that it fits within the provided sketch (titled "Active Flexion/Extension"). Your hand should be perpendicular to the table with your thumb pointing up—neutral position.

3. Your forearm, wrist, and fingers should be in a straight line.

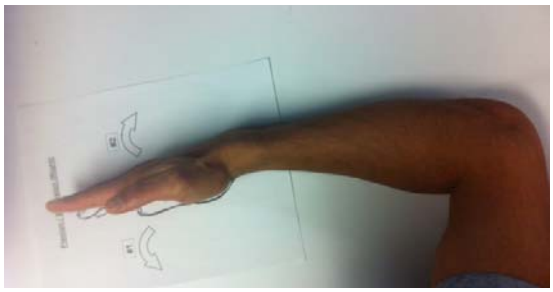


Fig. 1 Neutral position.

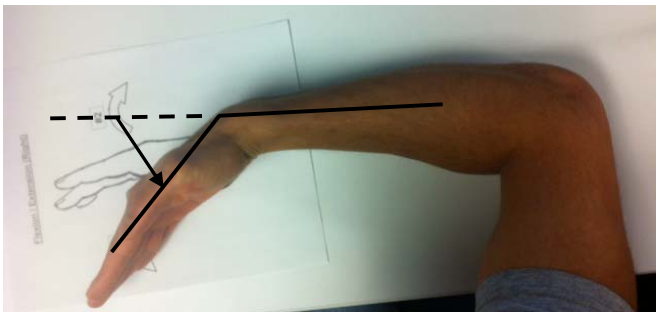


Fig. 2 Position 1.

4. **Fig. 2—**Keeping your forearm within the sketch and keeping your fingers straight, bend your wrist forward (flex) as far as you can toward position 1.

5. *Take first picture* with the camera centered directly over the hand from above, ensuring the hand, wrist, and forearm are clearly within the photograph.

6. Return to the neutral position (Fig. 1).

7. **Fig. 3—**Now, keeping your forearm within the sketch, and keeping your fingers straight, bend your wrist backward (extend) as far as you can toward position 2.

8. *Take second picture* with the camera centered directly over the hand from above, ensuring the hand, wrist, and forearm are clearly within the photograph.

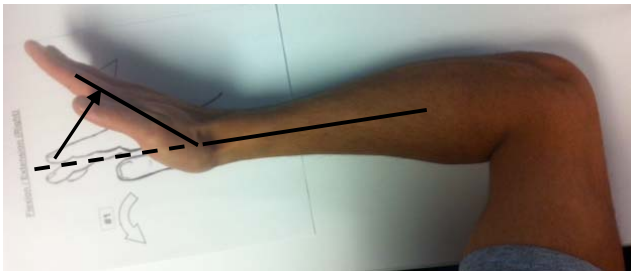


Fig. 3 Position 2.

Radial/Ulnar Deviation

1. Place your forearm flat on the table.

2. **Fig. 4—**Place your hand so that it fits within the provided sketch (titled “Radial/Ulnar Deviation”)—neutral position.

3. Your elbow, forearm, wrist, hand, and fingers should be in a straight line.

Fig. 4 Neutral position.

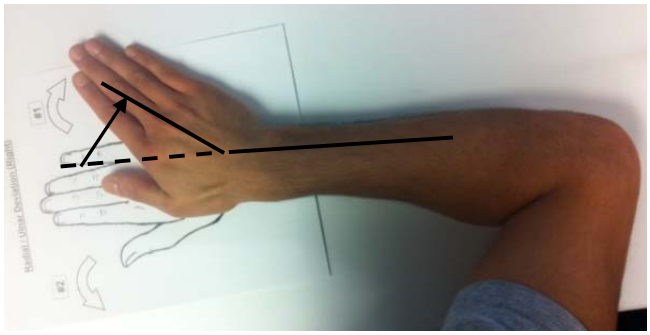


Fig. 5 Position 1.

4. **Fig. 5—**Now, keeping your forearm/wrist within the sketch, your hand flat on the table, and keeping your fingers straight, move your hand (ulnar deviation) as far as you can toward position 1.

5. *Take third picture* with the camera centered directly over the hand from above, ensuring the hand, wrist, and forearm are clearly within the photograph.

6. Return to the neutral position (Fig. 4).

7. **Fig. 6—**Keeping your forearm/wrist within the sketch, your hand flat on the table, and keeping your fingers straight, move your hand (radial deviation) as far as you can toward position 2.

8. *Take fourth picture* with the camera centered directly over the hand from above, ensuring the hand, wrist, and forearm are clearly within the photograph

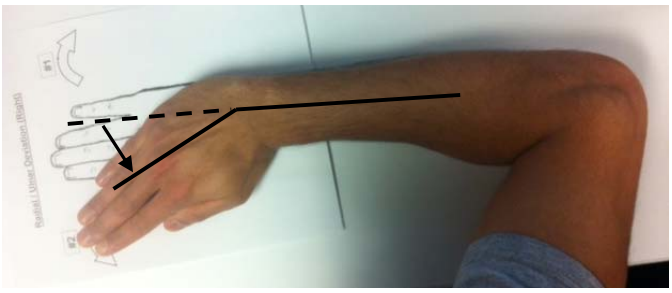


Fig. 6 Position 2.

Passive Flexion/Extension

Camera position for the last two pictures should be as follows: (1) Position directly in front of body, (2) center camera over middle of both wrists, and (3) place camera at distance where picture includes both elbows.

1. Keep forearms parallel to chest.

2. **Fig. 7—**While keeping bases of wrists touching at all times (*circle*), achieve maximal wrist flexion. Your hand and fingers should be in a straight line.

3. *Take fifth picture* ensuring that bases of wrists are touching and both elbows are included in picture.

Fig. 7 Passive wrist flexion.

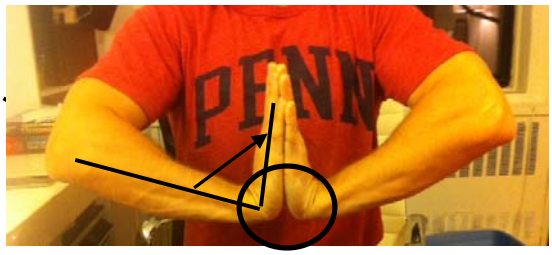
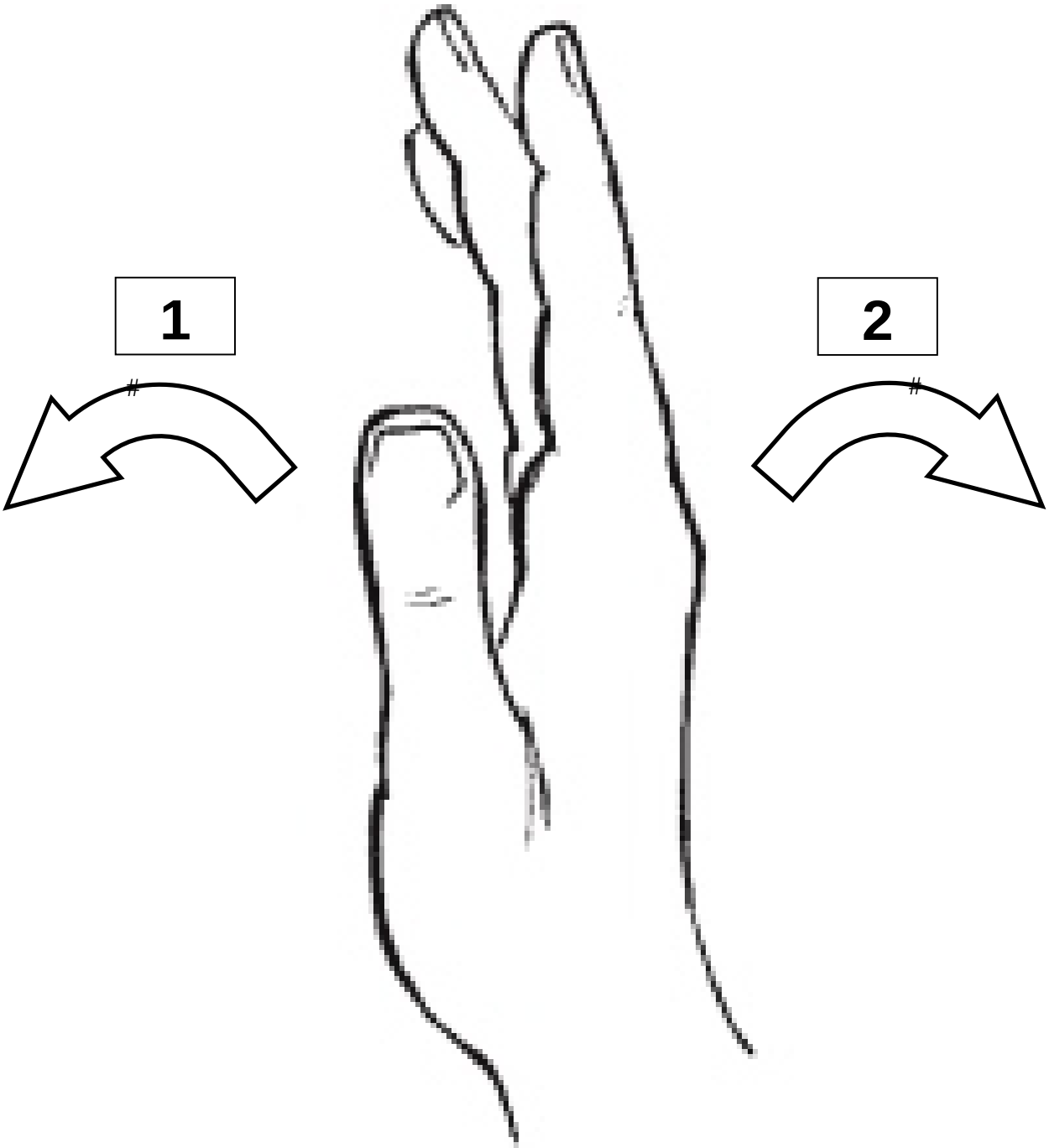


Fig. 8 Passive wrist extension.

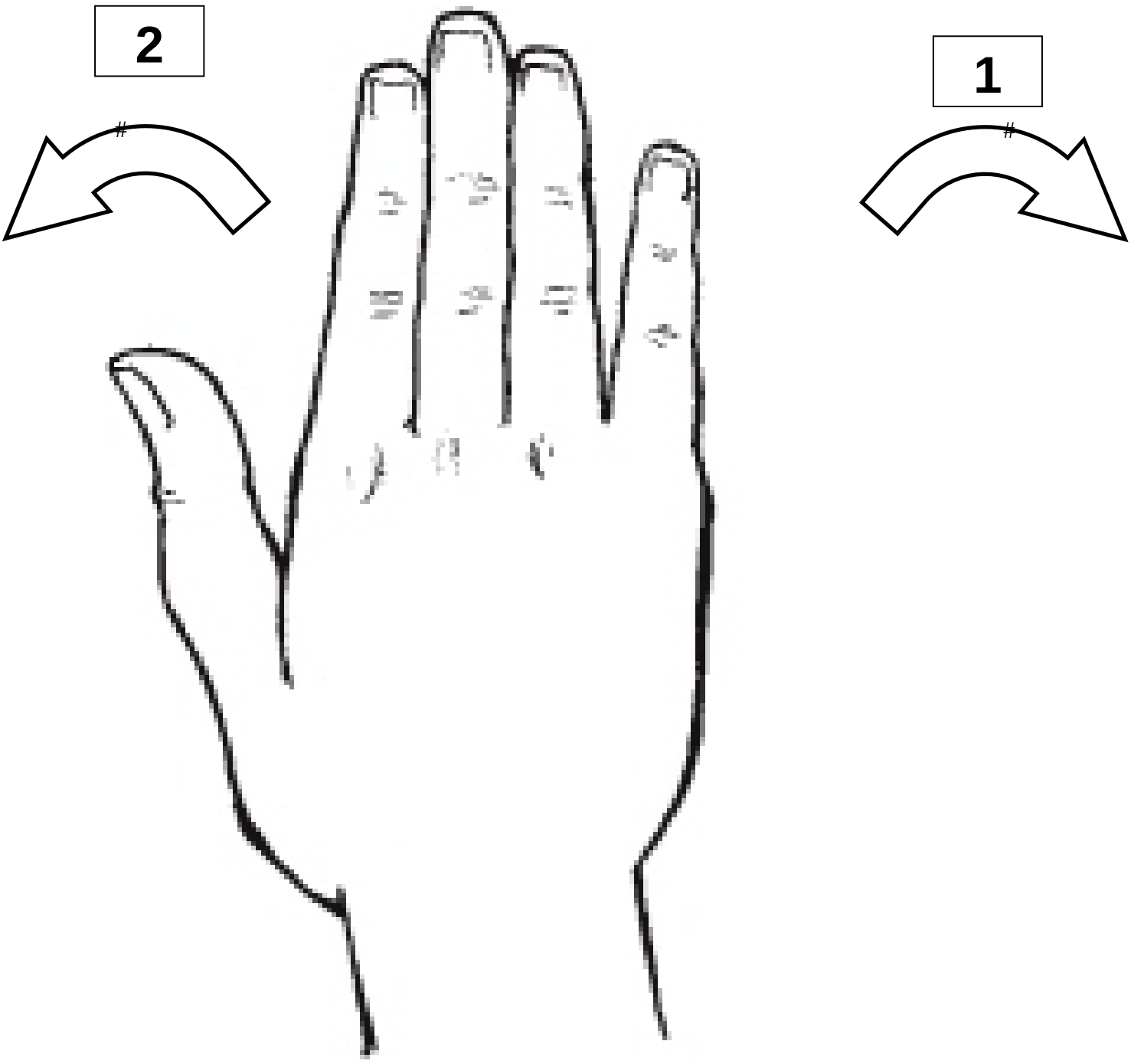
4. **Fig. 8—**While keeping bases of palms touching at all times (*circle*), achieve maximal wrist extension. Your hands and fingers should be in a straight line.

5. *Take sixth picture* ensuring that bases of palms are touching and both elbows are included in picture.

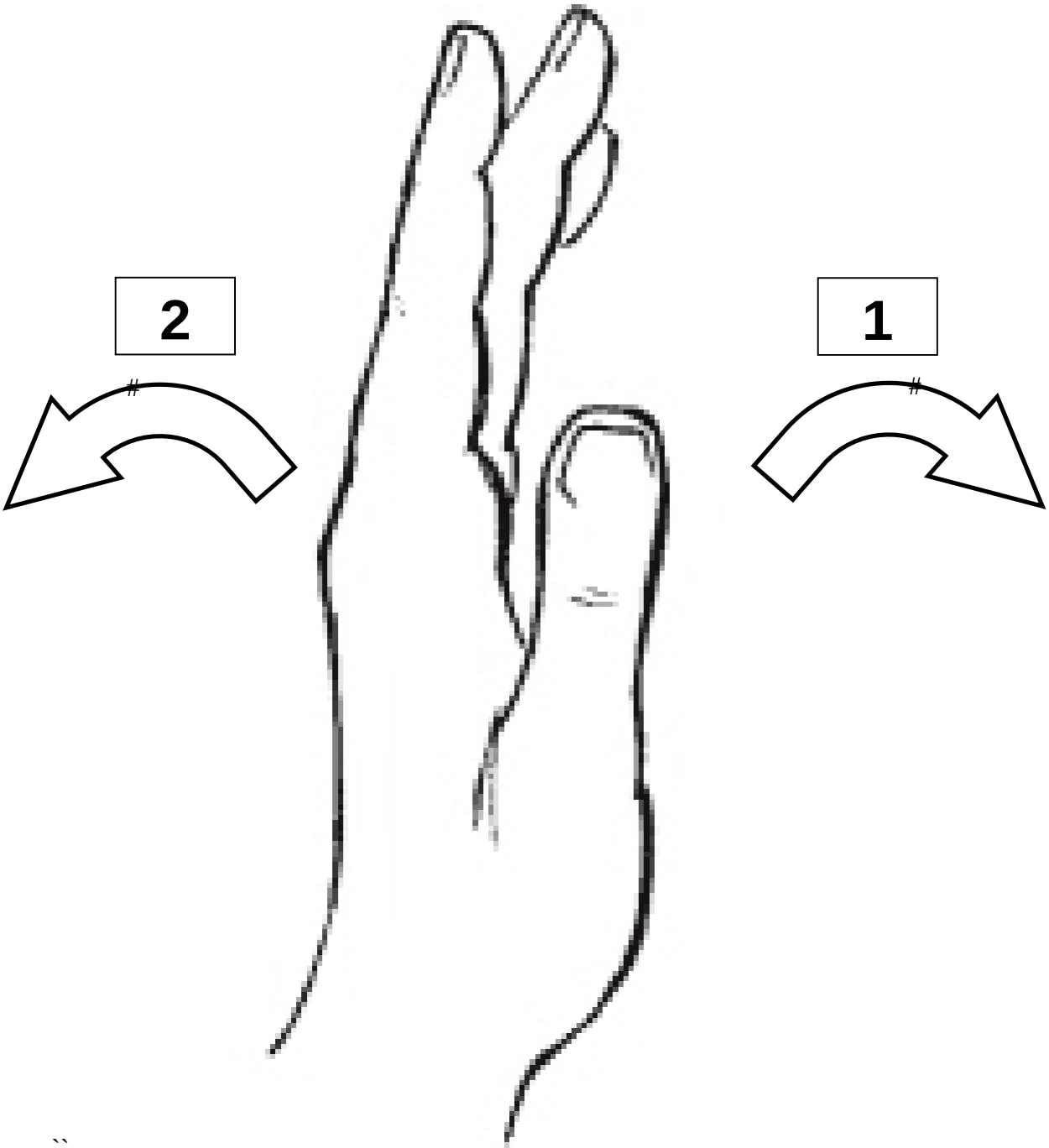
Active Flexion/Extension (Right)



Radial/Ulnar Deviation (Right)



Active Flexion/Extension (Left)



Radial/Ulnar Deviation (Left)