

Supination Activities

What is Supination?

Supination is the movement in which a person turns their hand, wrist, and forearm upward. Turning your hand over to receive money is an example of supination.

Why is supination important?

A person uses varying degrees of supination throughout the day to complete simple activities. Some tasks only involve a person to use half of their supination range of motion (ex: clapping hands together) while other activities require a person to supinate through their full range of motion (ex: carrying a lunch tray).

Many individuals may have limited supination movement due to tone, limited sensory awareness, or weak forearm & wrist muscles as a result of a neurological event or disorder.



Recommended Activities to Try:

- ✧ Turning pages in a book
- ✧ Playing Clapping Games
- ✧ Card Games (turning the card over)
- ✧ Giving/Receiving a “High Five”
- ✧ Bowling with the affected arm
- ✧ Throwing a ball underhanded
- ✧ Turning doorknobs or pulling cabinet handles
- ✧ Scooping dirt/sand with a small shovel
- ✧ Turning items over to see hidden sticker
- ✧ Washing hands in the sink
- ✧ Carrying a plate or holding a cup