Pronators and Supinators - STR



Pronator Teres - medial epicondyle to radius while supinating



Supinator - lateral epicondyle to radius while pronating

Indications

Limitation of pronation or supination of the forearm.

Pain with pronation or supination.

Cautions

All work needs to be pain-free.

Scan, tap, or click on the QR code for video

Pronator Teres

The pronator teres originates on the medial epicondyle of the humerus along with most of the wrist and finger flexors. A deep head of pronator teres originates on the proximal ulna. The median nerve passes between the two parts of pronator teres. Impingement here can mimic carpal tunnel symptoms.

When the pronator teres muscle is strained, the pain can be confused with Golfer's elbow (flexor tendonitis or medial epicondylitis).

Stroke the pronator teres going from the medial epicondyle to the radius while supinating the forearm.

Supinator

The Supinator muscle originates from the lateral epicondyle of the humerus, the annular ligament, and the supinator crest of the ulna. It inserts on the radius. The deep branch of the radial nerve passes under the supinator muscle.

Stroke the supinator muscle from the lateral epicondyle to the radius while supinating the forearm.