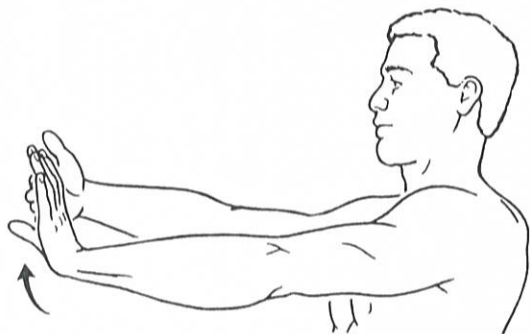


HAND - Wrist Flexor Stretch

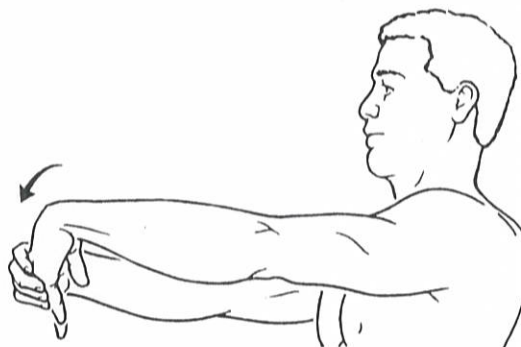


Keeping elbow straight, grasp hand and slowly bend wrist back until stretch is felt. Hold 30 seconds. Relax.

Repeat 3 times.

Do 2-3 sessions per day.

HAND - Wrist Extensor Stretch



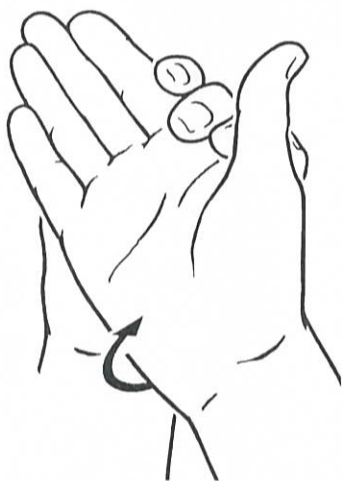
Keeping elbow straight, grasp hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Relax.

Repeat 3 times.

Do 2-3 sessions per day.

HAND - 19 Forearm Supination Stretch

With hand in handshake position, grasp and slowly turn to palm up until stretch is felt. Hold 30 seconds. Relax.



Repeat 3 times.

Do 2-3 sessions per day.

HAND - ROM: Wrist Radial / Ulnar Deviation



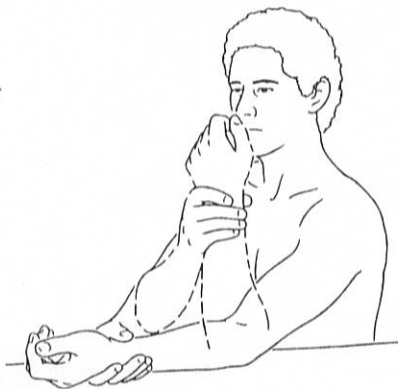
Gently bend wrist from side to side as far as possible. Use other hand to hold in position for 30 seconds.

Repeat 3 times.

Do 2-3 sessions per day.

ELBOW - ROM: Elbow Flexion / Extension

Grasp arm at wrist and gently bend elbow as far as possible. Then straighten arm as far as possible. Hold each position 30 seconds.

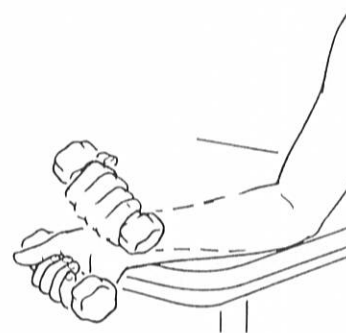


Repeat 3 times.

Do 2-3 sessions per day.

HAND/WRIST: Wrist Flexion: Resisted

With palm up, weight in hand, bend wrist up. Return slowly.



Repeat 10-30 times per set.

Do 1-2 sets per session.

Do 1 sessions per day.

HAND/WRIST: Wrist Extension: Resisted

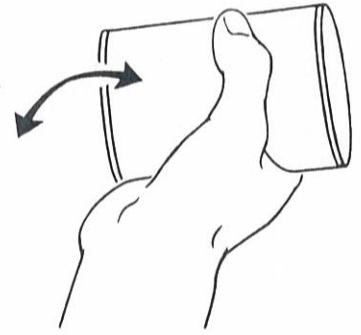


With palm down, weight in hand, bend wrist up. Return slowly.

Repeat 10-30 times per set. Do 1-2 sets per session.  
Do 1 sessions per day.

HAND/WRIST: Forearm Supination / Pronation: Resisted

With object in hand, slowly turn palm up, then down.



Repeat 10-30 times per set.  
Do 1-2 sets per session.  
Do 1 sessions per day.