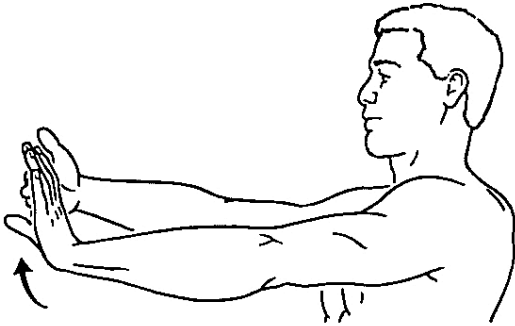


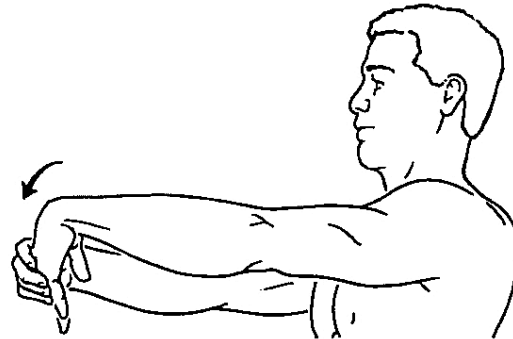
HAND - 13 Wrist Flexor Stretch



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

Repeat 1 times per set. Do 3 sets per session.  
Do 2 sessions per day.

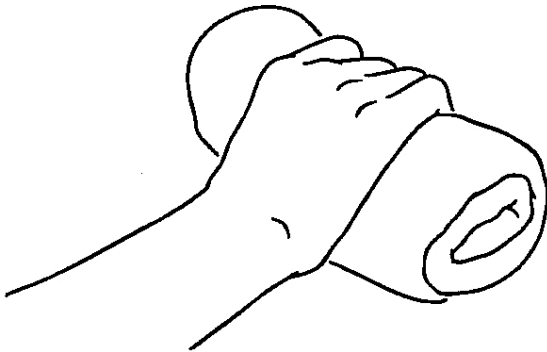
HAND - 14 Wrist Extensor Stretch



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

Repeat 1 times per set. Do 3 sets per session.  
Do 2 sessions per day.

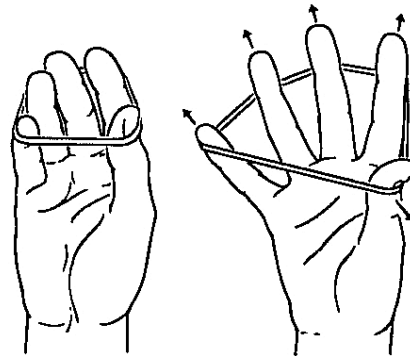
HAND - 47 Towel Roll Squeeze



With forearm resting on surface, gently squeeze towel holding for 5 seconds.

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

HAND - 49 Finger Extension / Thumb Abduction: Resisted



With rubber band around thumb and all fingers, hand slightly cupped, gently spread thumb and fingers apart.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

HAND - 48 Forearm Pronation / Supination: Resisted (Sitting)

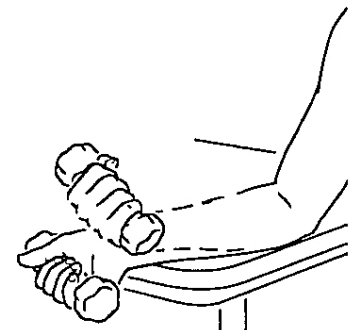


With forearm supported, grasp object and gently rotate palm up, then down, as far as possible without pain.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

HAND - 63 Wrist Flexion: Resisted

With palm up, 3-5 pound weight in hand, bend wrist up. Return slowly.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.