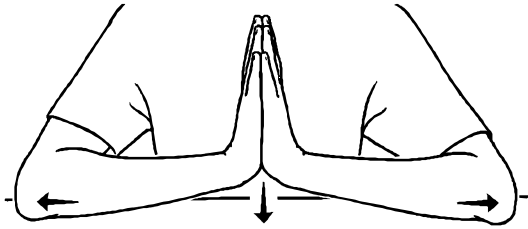


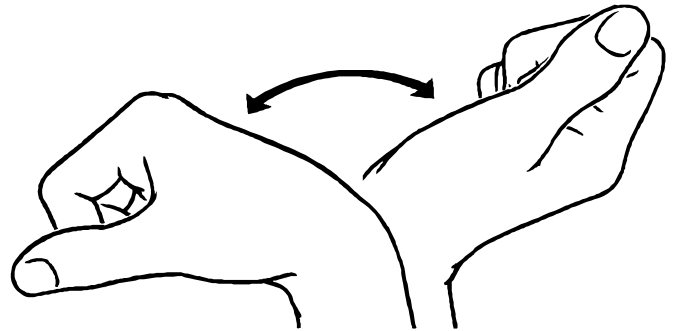
HAND - 16 Wrist Flexor Stretch



Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 20 seconds. Relax.

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

HAND - 17 AROM: Wrist Flexion / Extension

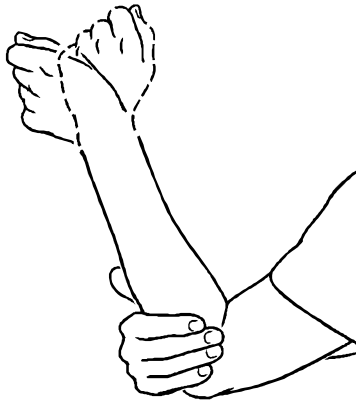


Actively bend right wrist forward then back as far as possible. Repeat other side.

Repeat 20 times per set. Do 3 sets per session.
Do 1 sessions per day.

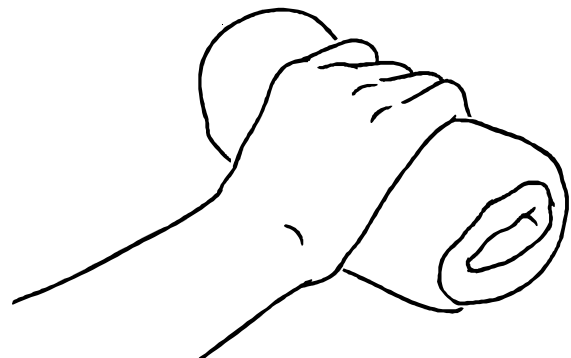
HAND - 42
AROM: Wrist Radial / Ulnar Deviation Against Gravity

With thumb toward face, gently bend right wrist toward body, then away. Keep elbow bent and supported. Repeat other side.



Repeat 20 times per set.
Do 3 sets per session.
Do 1 sessions per day.

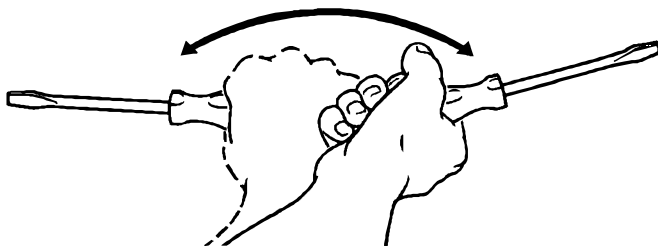
HAND - 47 Towel Roll Squeeze



With right forearm resting on surface, gently squeeze towel. Repeat other side.

Repeat 15 times per set. Do 3 sets per session.
Do 1 sessions per day.

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

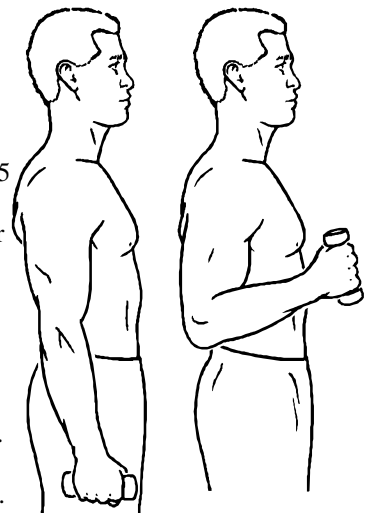


With right forearm supported, grasp dumbbell and gently rotate palm up, then down, as far as possible without pain. Repeat other side.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 67 Elbow Flexion: Resisted

With right arm straight, thumb forward, Holding 3-5 pound weight, bend elbow. Return slowly. Repeat other side.



Repeat 15 times per set.
Do 3 sets per session.
Do 1 sessions per day.