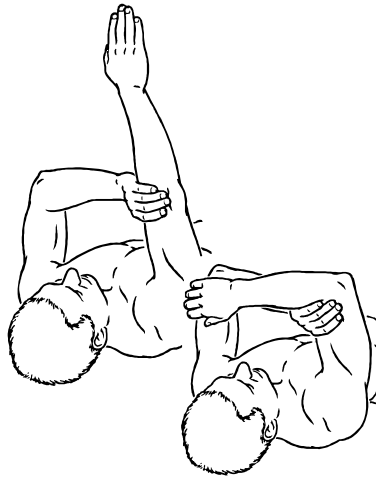


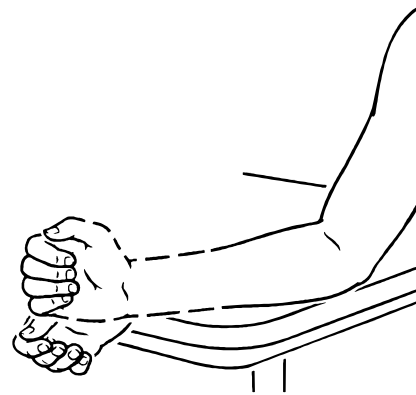
HAND - 75 Elbow Flexion Stretch

Lie on back with affected arm over head, supported by other arm. Let elbow bend down until gentle stretch is felt. Hold 30 seconds.



Repeat 0 times per set.  
Do 1 sets per session.  
Do 4 sessions per day.

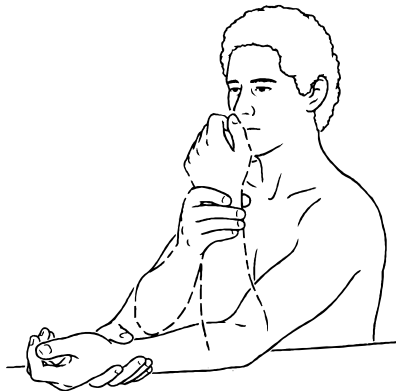
HAND - 61 AROM: Wrist Radial Deviation



With affected thumb up, bend wrist up.  
Repeat 15 times per set. Do 2 sets per session.  
Do 2 sessions per day.

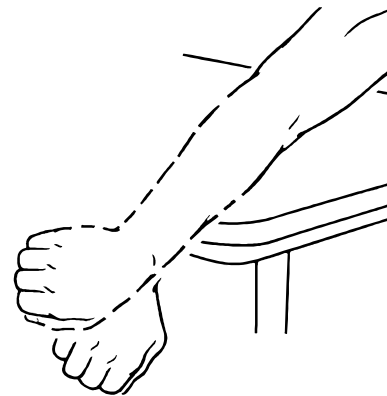
HAND - 38 PROM: Elbow Flexion / Extension

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



Repeat 4 times per set.  
Do 2 sets per session.  
Do 2 sessions per day.

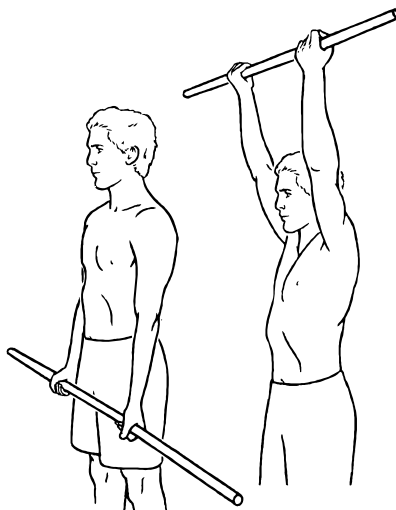
HAND - 62 AROM: Wrist Ulnar Deviation



With affected thumb down, bend wrist up.  
Repeat 15 times per set. Do 2 sets per session.  
Do 2 sessions per day.

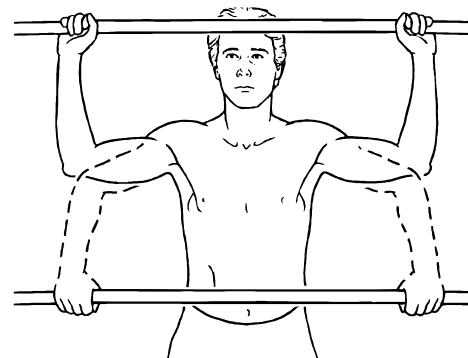
SHOULDER - 1 ROM: Flexion – Wand

Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold 30 seconds.



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

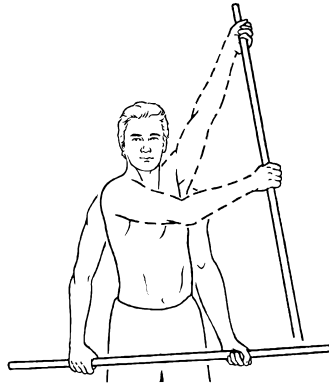
SHOULDER - 4 ROM: External / Internal Rotation – Wand



Bring wand up over head, then down toward waistline. Hold each position 30 seconds.  
Repeat 3 times per set. Do 2 sets per session.  
Do 2 sessions per day.

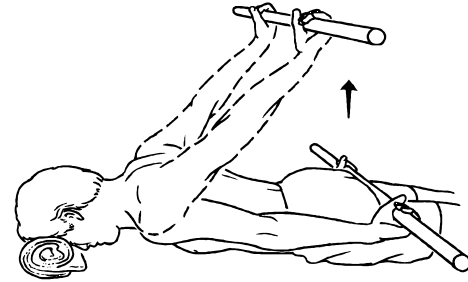
SHOULDER - 2 ROM: Abduction – Wand

Holding wand with left hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 30 seconds.



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

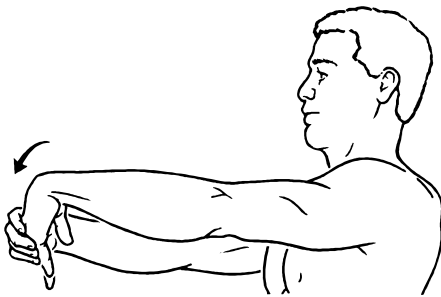
SHOULDER - 6 ROM: Extension – Wand



Lift up from buttocks until stretch is felt.  
Hold 30 seconds.

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

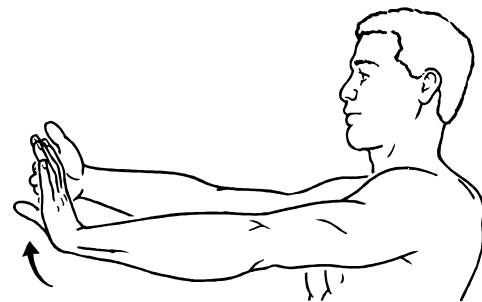
HAND - 14 Wrist Extensor Stretch



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

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

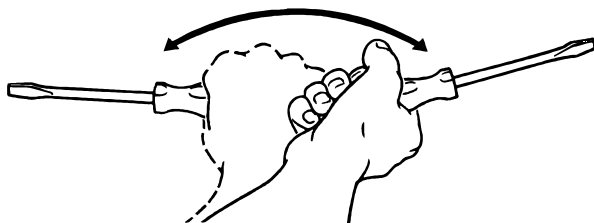
HAND - 13 Wrist Flexor Stretch



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

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

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



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

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

