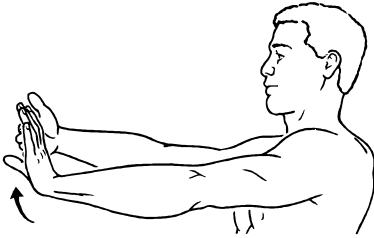


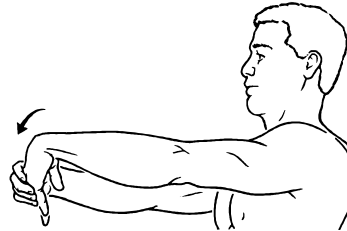
HAND - 13 Wrist Flexor Stretch



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

Do 2 sets per session.
Do 1 sessions per day.

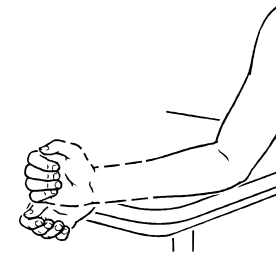
HAND - 14 Wrist Extensor Stretch



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

Do 2 sets per session.
Do 1 sessions per day.

HAND - 61 AROM: Wrist Radial Deviation



With right thumb up, bend wrist up.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

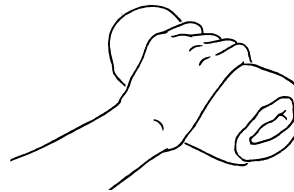
HAND - 62 AROM: Wrist Ulnar Deviation



With right thumb down, bend wrist up.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

HAND - 47 Towel Roll Squeeze



With right forearm resting on surface, gently squeeze towel.

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

ELBOW CARE TIPS

DO:

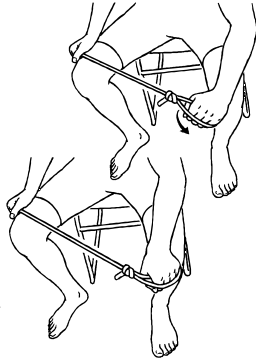
- massage tender muscles near elbows 3 to 5 minutes daily
- use ice pack for swollen elbow joints as first line of defense
- keep elbows unlocked during arm exercises
- use entire arm to lift heavier objects

DONT:

- sleep on stomach with your arms under you
- lift heavy objects using only your forearms and elbow joints

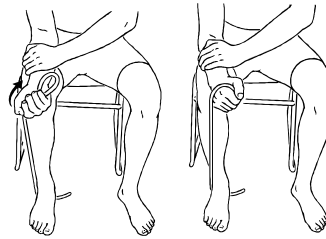
HAND - 32 Ulnar Deviation: Resisted

With tubing wrapped around left fist and other end secured, palm down, bend wrist out to side (thumb in) as far as possible. Keep forearm braced on knee.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 33 Forearm Pronation: Resisted

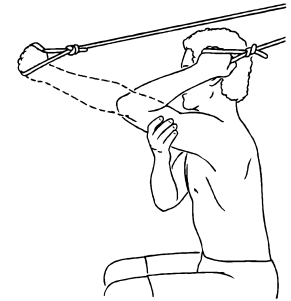


With right palm up, stabilize forearm on thigh with other hand. Keep tubing to outside of hand and roll palm down as far as possible.

Repeat 15 times per set. Relax. Do 2 sets per session. Do 1 sessions per day.

HAND - 36 Elbow Extension: Resisted

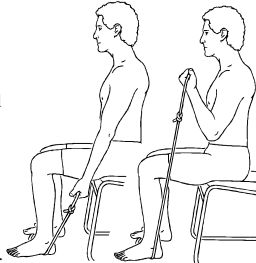
With tubing wrapped around left fist and other end anchored, straighten elbow.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 35 Elbow Flexion: Resisted

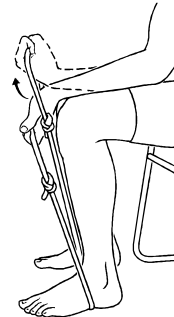
With tubing wrapped around left fist and other end secured under foot, curl arm up as far as possible.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 29 Wrist Flexion: Resisted

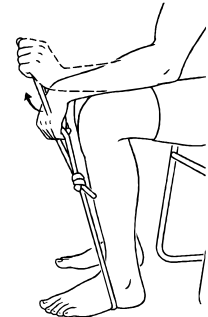
With tubing wrapped around left fist and other end secured under foot, bend wrist up (palm up) as far as possible. Keep forearm on thigh.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 30 Wrist Extension: Resisted

With tubing wrapped around left fist and other end secured under foot, bend wrist up (palm down) as far as possible. Keep forearm on thigh.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

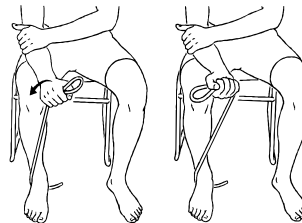
HAND - 31 Radial Deviation: Resisted

With tubing wrapped around left fist and other end secured under foot, bend wrist up (thumb side up) as far as possible. Keep forearm on thigh.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 34 Forearm Supination: Resisted



With right palm down, stabilize forearm on thigh with other hand. Keep tubing to inside of hand and roll palm up as far as possible.

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