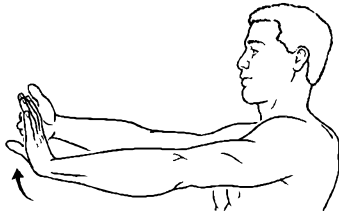


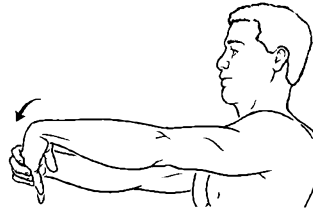
HAND - 13 Wrist Flexor Stretch



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

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

HAND - 14 Wrist Extensor Stretch

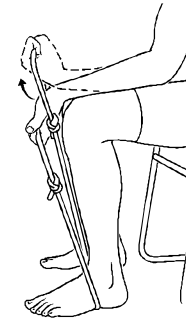


Keeping elbow straight, grasp **right** hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Relax.

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

HAND - 29 Wrist Flexion: Resisted

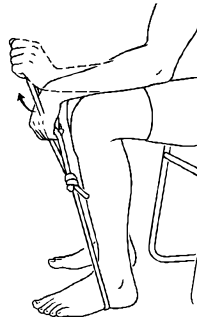
With tubing wrapped around **right** fist and other end secured under foot, bend wrist up (palm up) as far as possible. Keep forearm on thigh.



Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.

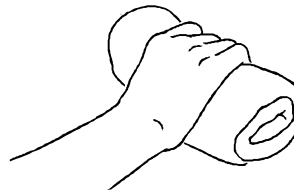
HAND - 30 Wrist Extension: Resisted

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



Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.

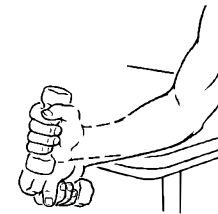
HAND - 47 Towel Roll Squeeze



With **right** forearm resting on surface, gently squeeze towel.

Repeat 30 times per set. Do 3 sets per session.
 Do 2 sessions per day.

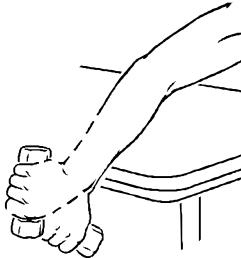
HAND - 66 Wrist Radial Deviation: Resisted



With **right** thumb up, 2 pound weight in hand, bend wrist up. Return slowly.

Repeat 10 times per set. Do 3 sets per session.
 Do 2 sessions per day.

HAND - 65 Wrist Ulnar Deviation: Resisted

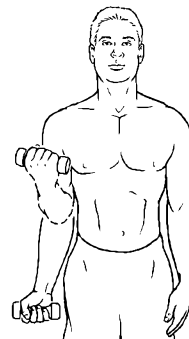


With **right** thumb down and 2 pound weight in hand, bend wrist up. Return slowly.

Repeat 10 times per set. Do 3 sets per session.
 Do 2 sessions per day.

HAND - 70 Wrist Elbow Flexion: Resisted - Palm Up

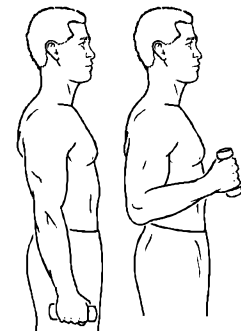
With **right** arm straight, palm forward, holding 5 pound weight, bend elbow. Return slowly.



Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.

HAND - 67 Elbow Flexion: Resisted

With **right** arm straight, thumb forward, Holding 5 pound weight, bend elbow. Return slowly.



Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.