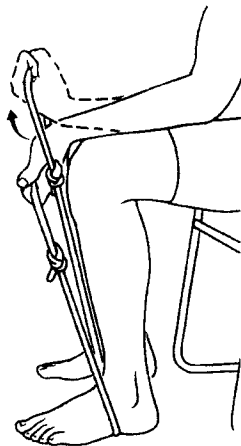


HAND - 29 Wrist Flexion: Resisted

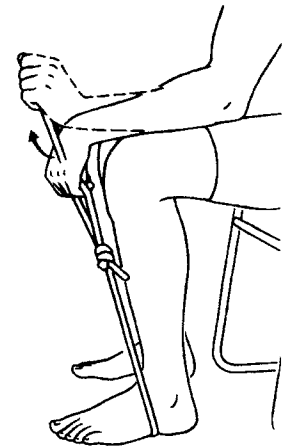
With tubing wrapped around right fist and other end secured under foot, bend wrist up (palm up) as far as possible. Keep forearm on thigh.



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

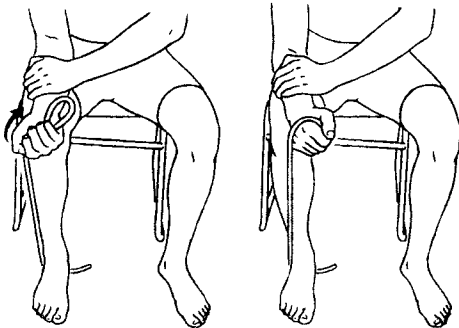
HAND - 30 Wrist Extension: Resisted

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 2-3 sets per session.  
Do 1 sessions per day.

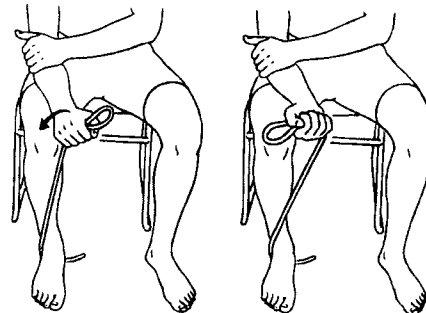
HAND - 33 Forearm Pronation: Resisted



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 10 times per set. Relax. Do 2-3 sets per session. Do 1 sessions per day.

HAND - 34 Forearm Supination: Resisted

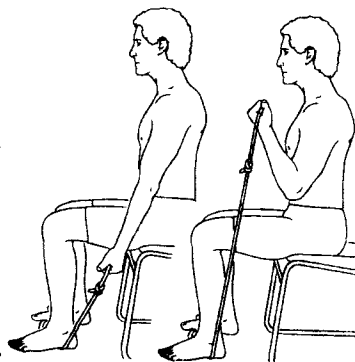


With right palm down, stabilize forearm on thigh with other hand. Keep tubing to inside of hand and roll palm up as far as possible.

Repeat 10 times per set. Relax. Do 2-3 sets per session. Do 1 sessions per day.

HAND - 35 Elbow Flexion: Resisted

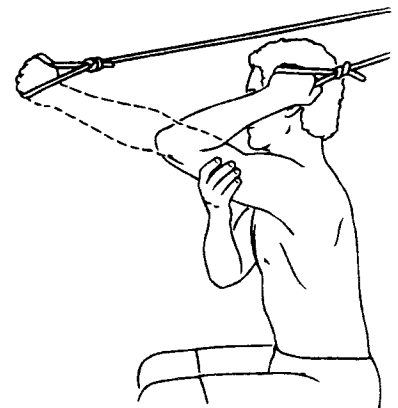
With tubing wrapped around right fist and other end secured under foot, curl arm up as far as possible.



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

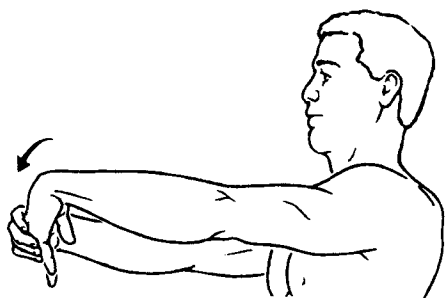
HAND - 36 Elbow Extension: Resisted

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



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

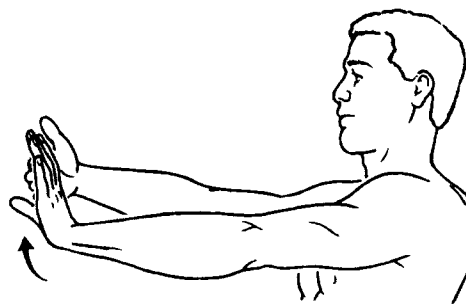
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist forward until stretch is felt. Hold 10 seconds. Relax.

Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

HAND - 13 Wrist Flexor Stretch

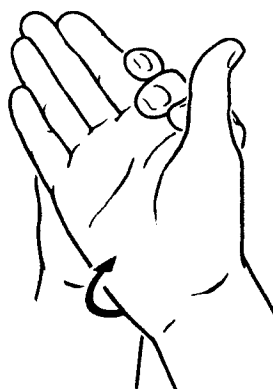


Keeping elbow straight, grasp right hand and slowly bend wrist back until stretch is felt. Hold 10 seconds. Relax.

Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

HAND - 19 Forearm Supination Stretch

With right hand in handshake position, grasp and slowly turn to palm up until stretch is felt. Hold 10 seconds. Relax.



Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

HAND - 20 Forearm Pronation Stretch

With right hand in handshake position, grasp and slowly turn to palm down position until stretch is felt. Hold 10 seconds. Relax.



Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.