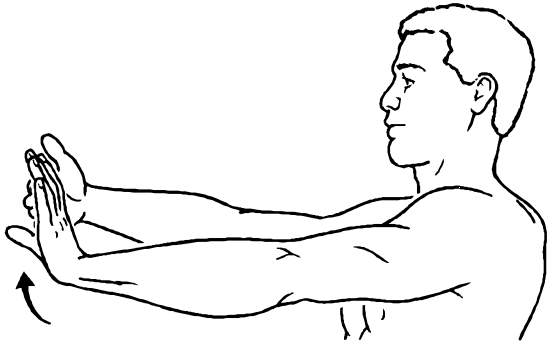
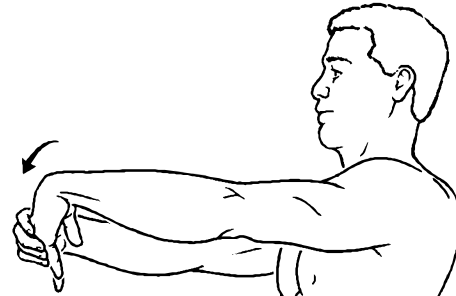


HAND - 13 Wrist Flexor Stretch



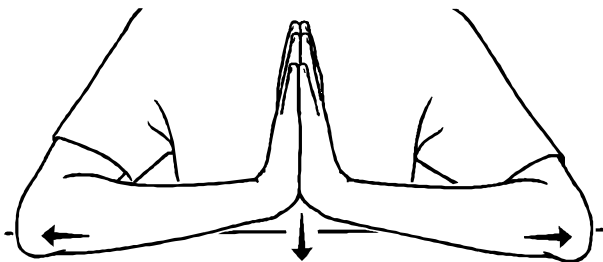
Keeping elbow straight, grasp left/right hand and slowly bend wrist back until stretch is felt. Hold 10 seconds. Relax.  
Repeat 2 times per set. Do 2 sessions per day.

HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp left/right hand and slowly bend wrist forward until stretch is felt. Hold 10 seconds. Relax.  
Repeat 2 times per set.  
Do 2 sessions per day.

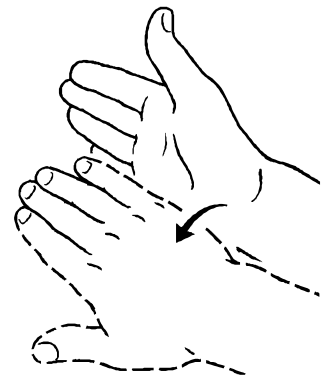
HAND - 16 Wrist Flexor Stretch



Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 10 seconds. Relax.  
Repeat 2 times per set.  
Do 2 sessions per day.

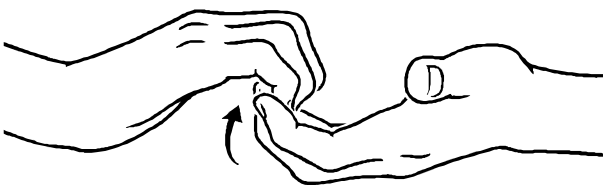
HAND - 18 AROM: Forearm Pronation / Supination

With right/left arm in handshake position, slowly rotate palm down until stretch is felt. Relax. Then rotate palm up until stretch is felt.



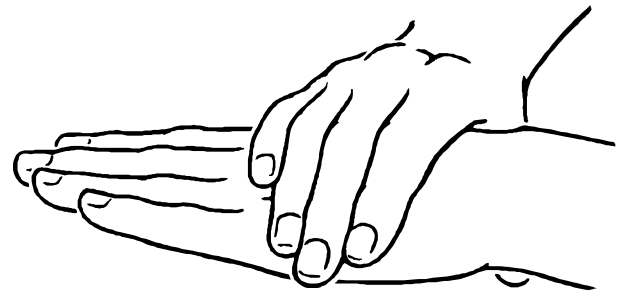
Repeat 30 times per set.  
Do 2 sessions per day.

HAND - 27 Finger Flexion: Resisted



Apply light resistance with other hand while curling fingers of left/right hand.  
Repeat 30 times per set.  
Do 2 sessions per day.

HAND - 22 Wrist Extension: Isometric



With left/right forearm resting palm down on thigh, resist upward movement of hand with other hand.  
Hold 5 seconds. Relax.  
Repeat 10 times per set.  
Do 2 sessions per day.

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HAND - 21 Wrist Flexion: Isometric



With left/right forearm resting palm up on thigh, resist upward movement of hand with other hand. Hold 5 seconds. Relax.

Repeat 10 times per set.  
Do 2 sessions per day.