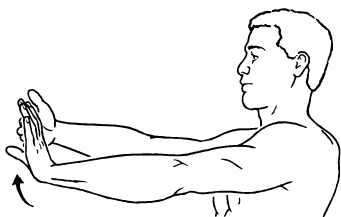
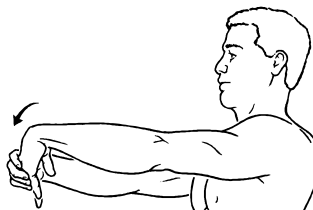


HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt. Hold 10 seconds. Relax.
 Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 10 seconds. Relax.
 Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

HAND - 76 Elbow Flexion Stretch: Over Head

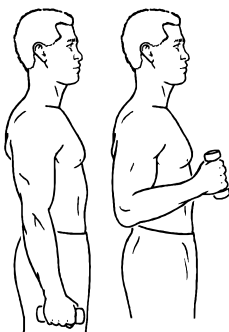
Bring right arm over head and bend elbow as far as possible. Grasp wrist with other hand and gently stretch further. Hold 10 seconds. Relax.



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

HAND - 67 Elbow Flexion: Resisted

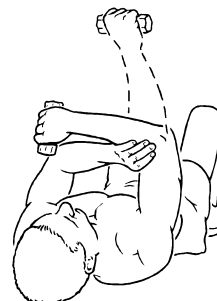
With right arm straight, thumb forward, Holding 3-10 pound weight, bend elbow. Return slowly.



Repeat 10-12 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

HAND - 71 Elbow Extension: Resisted

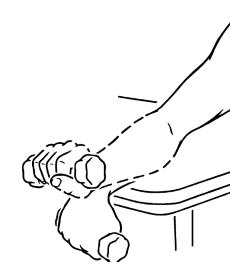
Lie on back, 3-10 pound weight in right hand, arm up, elbow bent and supported. Straighten elbow. Return slowly.



Repeat 10-12 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

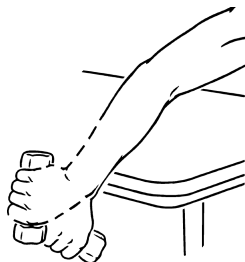
HAND - 64 Wrist Extension: Resisted

With right palm down, 3-10 pound weight in hand, bend wrist up. Return slowly.
 Repeat 10-12 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.



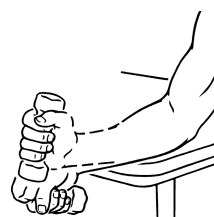
HAND - 65 Wrist Ulnar Deviation: Resisted

With right thumb down and 3-10 pound weight in hand, bend wrist up. Return slowly.
 Repeat 10-12 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.



HAND - 66 Wrist Radial Deviation: Resisted

With right thumb up, 3-10 pound weight in hand, bend wrist up. Return slowly.
 Repeat 10-12 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.



HAND - 73 Elbow Extension: Chair Stand – Resisted

With hands on armrests, push up from chair. Use legs as much as necessary. Return slowly.

Repeat 10-12 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

