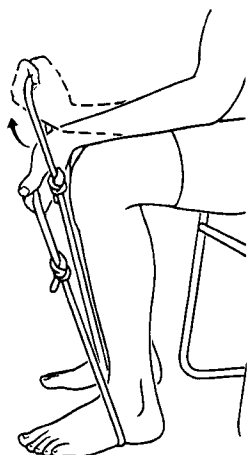


HAND - 29 Wrist Flexion: Resisted

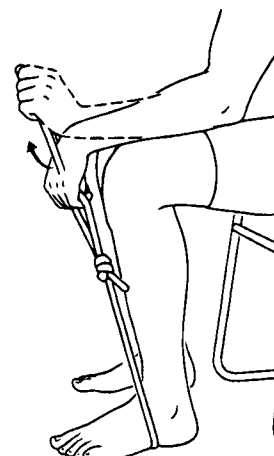
With tubing wrapped around right fist and other end secured under foot, bend wrist up (palm up) as far as possible. Keep forearm on thigh.



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.

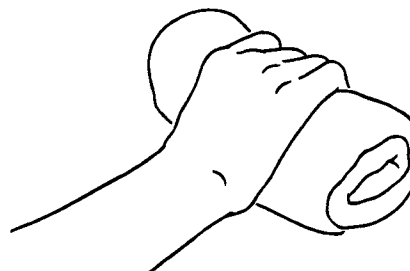
HAND - 48 Forearm Pronation / Supination: Resisted (Sitting)



With right forearm supported, grasp object and gently rotate palm up, then down, as far as possible without pain.

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

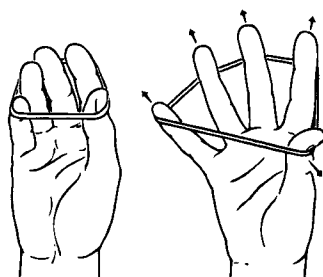
HAND - 47 Towel Roll Squeeze



With right forearm resting on surface, gently squeeze towel.

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

HAND - 49 Finger Extension / Thumb Abduction: Resisted

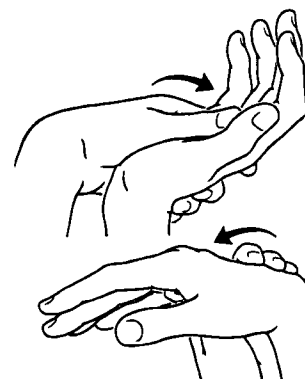


With rubber band around right thumb and all fingers, hand slightly cupped, gently spread thumb and fingers apart.

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

HAND - 12 PROM: Wrist Flexion / Extension

Grasp right hand and slowly bend wrist until stretch is felt. Relax. Then stretch as far as possible in opposite direction. Be sure to keep elbow bent.



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