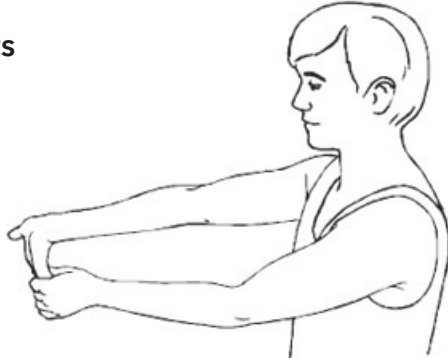


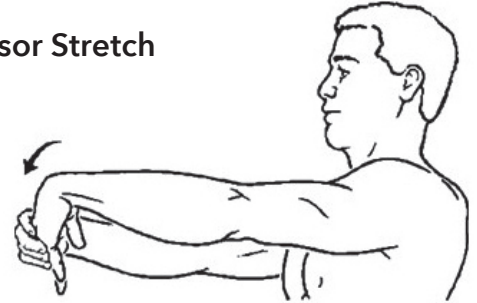


ARMS - 2
Wrist/ Flexors



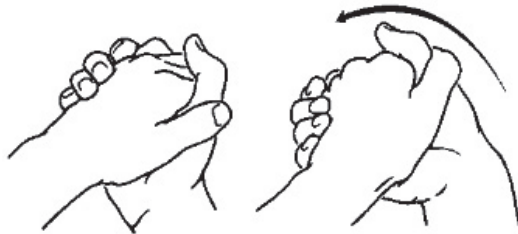
Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold 20 seconds.
Repeat 3 times. Do 3 sessions per day.

HAND - 14
Wrist Extensor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist forward until stretch is felt. Hold 20 seconds.
Relax.
Repeat 3 times per set. Do 1 sets per session.
Do 3 sessions per day.

HAND 40
PROM: Wrist Radial / Ulnar Deviation



Grasp right hand with other hand and gently stretch hand and wrist from side to side as far as possible. Hold each position 20 seconds. Relax.
Repeat 3 times per set. Do 1 sets per session.
Do 3 sessions per day.

HAND - 19
Forearm Supination Stretch

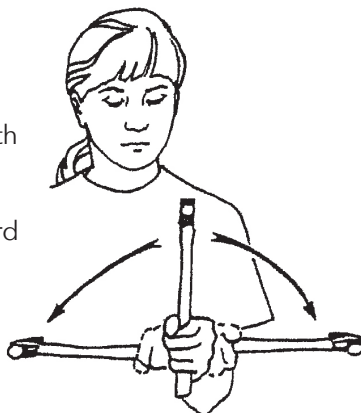
With right hand in handshake position, grasp and slowly turn to palm up until stretch is felt. Hold ____ seconds.
Relax.



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

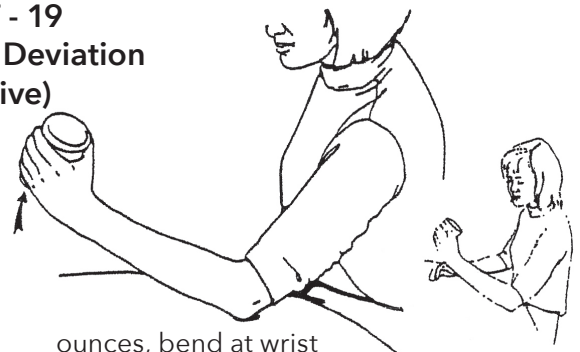
FOREARM
12 Pronation / Supination
(Resistive)

Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.



WRIST - 19
Radial Deviation
(Resistive)

Holding ____ ounces, bend at wrist toward thumb side in upward motion. Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.



ACTIVITY:
Use this movement to pick up a cup.