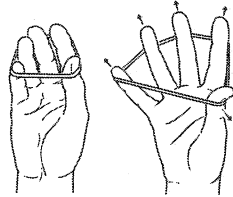


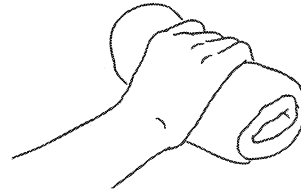


HAND - 49 Finger Extension / Thumb Abduction: Resisted



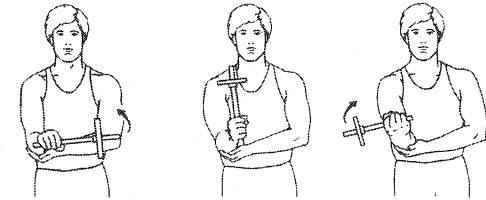
With rubber band around right thumb and _____ fingers, hand slightly cupped, gently spread thumb and fingers apart.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 47 Towel Roll Squeeze



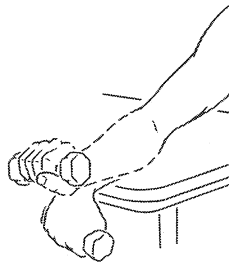
With right forearm resting on surface, gently squeeze towel.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

ARMS: FOREARMS - 18 Rotation: Single Arm (Thor's Hammer)



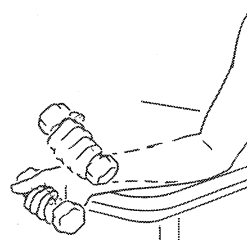
Holding forearm with other hand, slowly rotate hand to one side then the other, as far as possible.
Do _____ sets. Complete _____ repetitions.

HAND - 64 Wrist Extension: Resisted



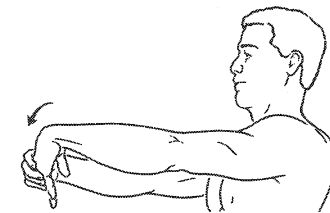
With right palm down, _____ pound weight in hand, bend wrist up. Return slowly.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 63 Wrist Flexion: Resisted



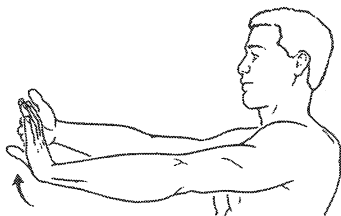
With right palm up, _____ pound weight in hand, bend wrist up. Return slowly.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 14 Wrist Extensor Stretch



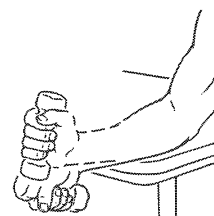
Keeping elbow straight, grasp right hand and slowly bend wrist forward until stretch is felt. Hold _____ seconds. Relax.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 13 Wrist Flexor Stretch



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

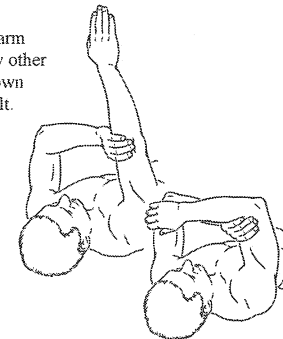
HAND - 66 Wrist Radial Deviation: Resisted



With right thumb up, _____ pound weight in hand, bend wrist up. Return slowly.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 75 Elbow Flexion Stretch

Lie on back with right arm over head, supported by other arm. Let elbow bend down until gentle stretch is felt. Hold _____ seconds.

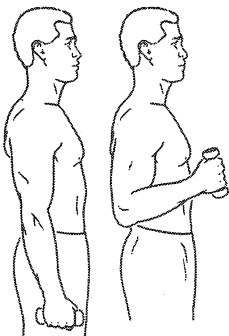


Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



HAND - 67 Elbow Flexion: Resisted

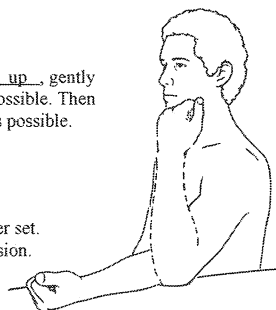
With right arm straight, thumb forward, Holding _____ pound weight, bend elbow. Return slowly.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 39 AROM: Elbow Flexion / Extension

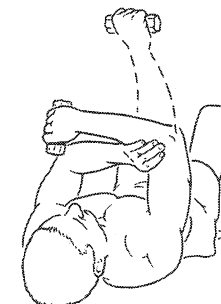
With right hand palm up, gently bend elbow as far as possible. Then straighten arm as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 71 Elbow Extension: Resisted

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



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.