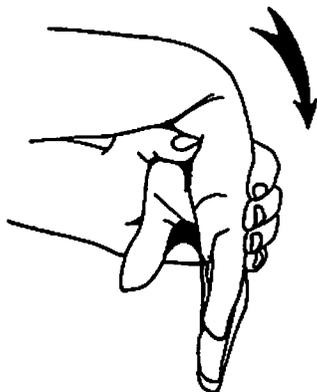


Hand / Wrist Exercises

HAND - 14 Wrist Extensor Stretch

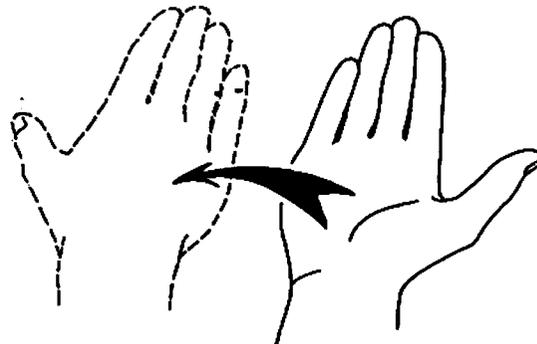
Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.

Hold _____ seconds. Relax.
Repeat _____ times.
Do _____ sessions per day.



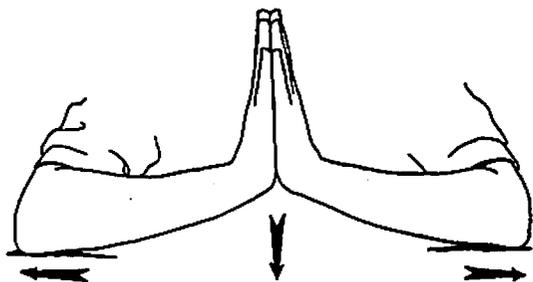
Copyright VHI 1990

HAND - 18 Active Range of Motion Forearm Pronation/Supination



Start with arm in hand-shaking position and slowly rotate palm down until a stretch is felt. Hold _____ seconds. Relax. Then rotate palm up until a stretch is felt. Repeat _____ times. Do _____ sessions per day. Copyright VHI 1990

HAND - 16 Wrist Extension Stretch



Sitting with elbows on table and palms together, slowly lower wrists to table until a stretch is felt. Be sure to keep palms together throughout the stretch.

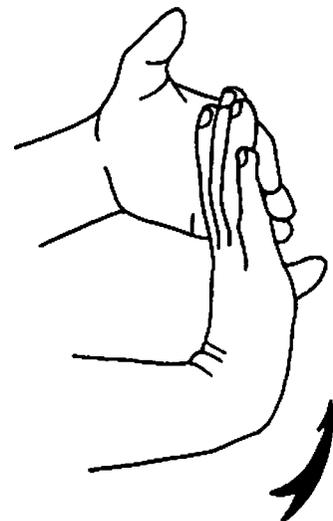
Hold _____ seconds. Relax. Repeat _____ times.
Do _____ Sessions per day.

Copyright VHI 1990

HAND - 13 Wrist Flexor Stretch

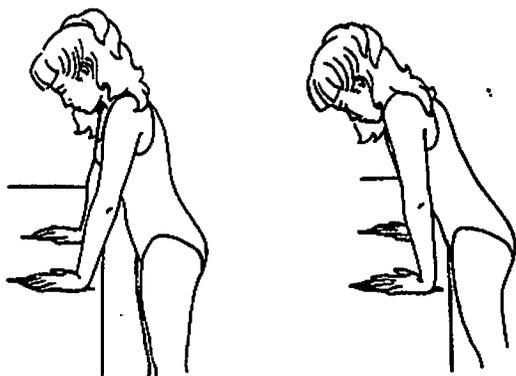
Keeping elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt.

Hold _____ seconds. Relax.
Repeat _____ times.
Do _____ sessions per day.



Copyright VHI 1990

HAND - 15 Wrist Flexor Stretch



With palms comfortably resting on table, slowly move body over hands until a gentle stretch is felt in forearms. Hold _____ seconds. Relax. Repeat _____ times.

HAND - 41 Wrist Radial/Ulnar Deviation: Active Range of Motion

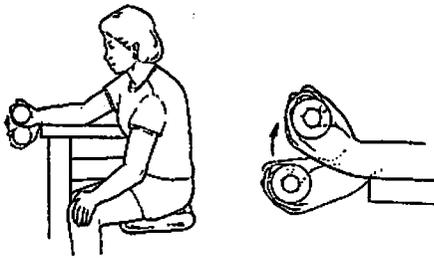


Gently bend wrist from side to side as far as possible.

Repeat _____ Repetitions/set. Do _____ Sets/session.
Do _____ Sessions/day.

Copyright VHI 1992

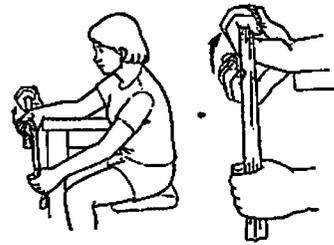
Wrist Exercises



Exercise 1 of 5

WRIST FLEXION

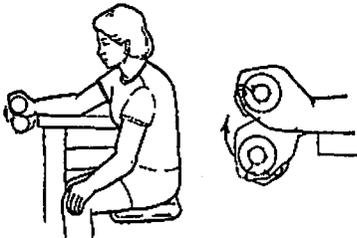
1. Sit or stand with _____ arm supported as shown
2. Hold _____ lb weight in hand
3. Curl wrist slowly upward
4. Hold _____ seconds, slowly lower
5. _____ repetitions, _____ times per day



Exercise 2 of 5

WRIST FLEXION

1. Sit or stand with _____ arm supported as shown
2. Hold the loose end of the elastic tubing with your other hand to apply resistance
3. Curl wrist slowly upward
4. Hold _____ seconds, slowly lower
5. _____ repetitions, _____ times per day



Exercise 3 of 5

WRIST EXTENSION

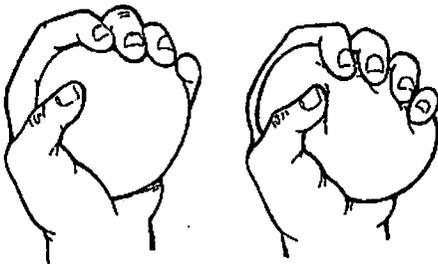
1. Sit or stand with _____ arm supported as shown
2. Hold _____ lb weight in hand
3. Curl wrist slowly upward
4. Hold _____ seconds, slowly lower
5. _____ repetitions, _____ times per day



Exercise 4 of 5

PINCH GRIP

1. Hold putty or small ball between thumb and tip of finger as shown
2. Squeeze as hard as you can
3. Hold _____ seconds
4. Repeat with other fingers as instructed
5. _____ repetitions, _____ times per day



Exercise 5 of 5

HAND SQUEEZE

1. Hold a _____ ball as shown with your _____ hand
2. Squeeze as firmly as you can
3. Hold _____ seconds
4. _____ repetitions, _____ times per day