

HAND - 35

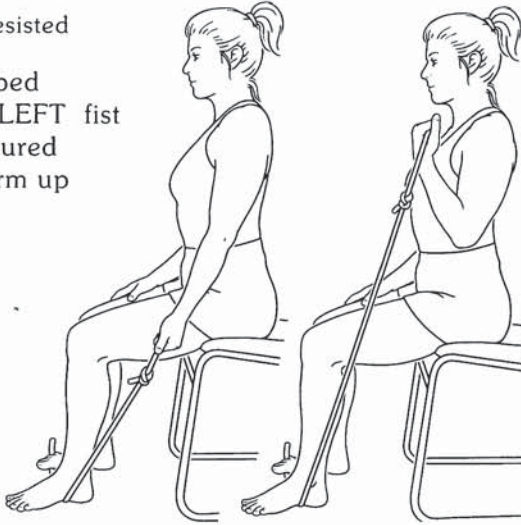
Elbow Flexion: Resisted

With tubing wrapped around RIGHT / LEFT fist and other end secured under foot, curl arm up as far as possible.

Repeat 10-20 times per set

Do 2-3 sets per session.

Do 1 sessions per day



HAND - 36

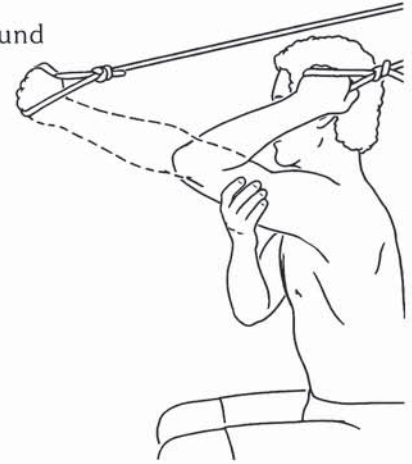
Elbow Extension: Resisted

With tubing wrapped around RIGHT / LEFT fist and other end anchored, straighten elbow.

Repeat 10-20 times per set

Do 2-3 sets per session.

Do 1 sessions per day



HAND - 47

Towel Roll Squeeze

With RIGHT / LEFT forearm resting on surface, gently squeeze towel.

Repeat 10 times per set

Do 2 sets per session.

Do 1 sessions per day



HAND - 48

Forearm Pronation / Supination: Resisted (Sitting)

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

Repeat 10-20 times per set

Do 2 sets per session Do 1 sessions per day.



HAND - 29

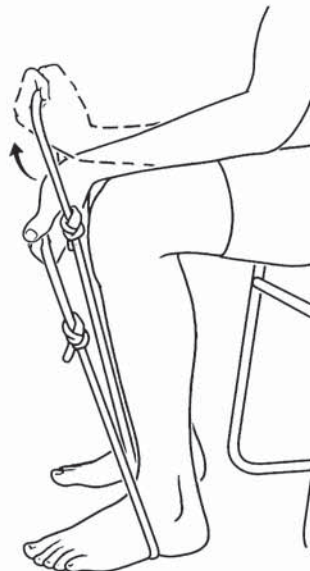
Wrist Flexion: Resisted

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

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1 sessions per day



HAND - 30

Wrist Extension: Resisted

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

Repeat 10-20 times per set

Do 2 sets per session

Do 1 sessions per day

