

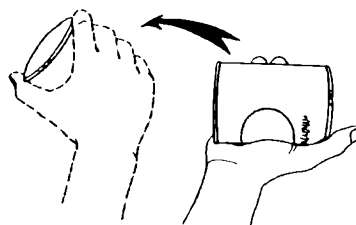
HAND - 38
PROM: Elbow Flexion and Extension



Grasp involved arm at wrist and gently bend elbow as far as possible. Hold 5 seconds, then straighten arm as far as possible.

Repeat 20 times per set. Do sets per session.
Do 3 sessions per day.

HAND - 37
Active Resisted Forearm Supination/Pronation



With a 0 lb object in hand, slowly turn palm up, then down.

Repeat 20 times. Do 3 sessions per day.

HAND - 41
AROM: Wrist Radial/Ulnar Deviation

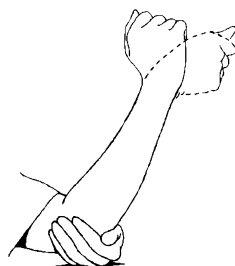


Gently bend wrist from side to side as far as possible.

Repeat 20 times per set. Do sets per session.
Do 3 sessions per day.

HAND - 42
AROM: Wrist Radial/Ulnar Deviation Against Gravity

With thumb facing you, gently bend wrist toward then away from you. Keep elbow bent and supported.



Repeat 20 times per set.
Do sets per session.
Do 3 sessions per day.

HAND - 13
Wrist Flexor Stretch

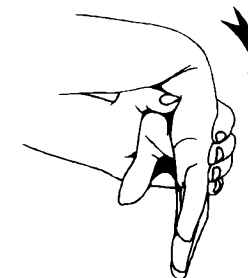
Keeping elbow straight, grasp involved hand and slowly bend wrist backward until a stretch is felt. Hold seconds. Relax.



Repeat 20 times.
Do 3 sessions per day.

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.

HAND - 8
AROM: Finger Flexion/Extension

Actively bend fingers of involved hand. Start with knuckles furthest from palm, and slowly make a fist. Hold 3 seconds. Relax. Then straighten fingers again as far as possible.



Repeat 20 times.
Do 3 sessions per day.