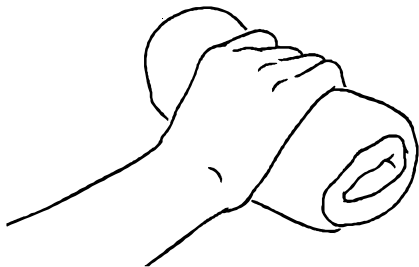
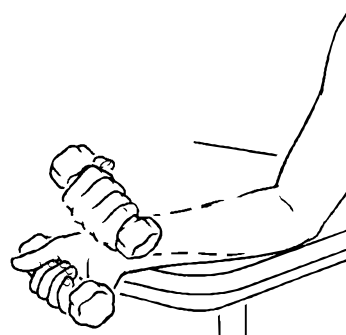


HAND - 47 Towel Roll Squeeze



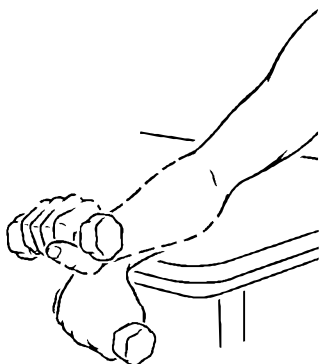
With right forearm resting on surface, gently squeeze towel.  
 Repeat 20 times per set. Do \_\_\_\_\_ sets per session.  
 Do 2 sessions per day.

HAND - 63 Wrist Flexion: Resisted



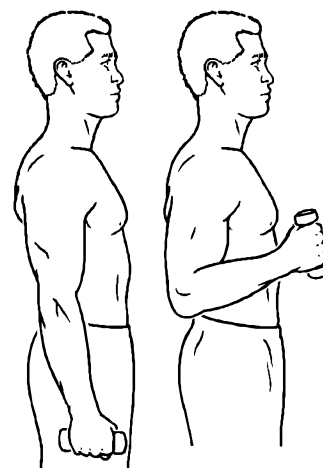
With right palm up, \_\_\_\_\_ pound weight in hand, bend wrist up. Return slowly.  
 Repeat 15 times per set. Do 2 sets per session.  
 Do \_\_\_\_\_ sessions per day.

HAND - 64 Wrist Extension: Resisted



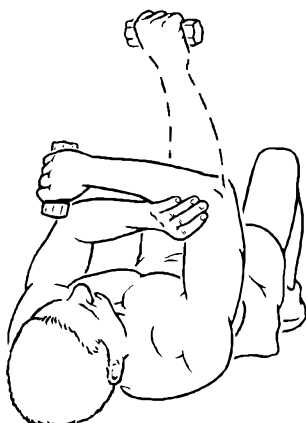
With right palm down, \_\_\_\_\_ pound weight in hand, bend wrist up. Return slowly.  
 Repeat 15 times per set. Do 2 sets per session.  
 Do 2 sessions per day.

HAND - 67 Elbow Flexion: Resisted



With right arm straight, thumb forward, Holding \_\_\_\_\_ pound weight, bend elbow. Return slowly.  
 Repeat 15 times per set.  
 Do 2 sets per session.  
 Do 2 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 15 times per set.  
 Do 2 sets per session.  
 Do 2 sessions per day.