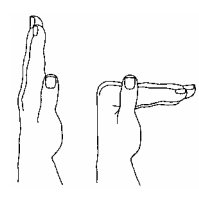
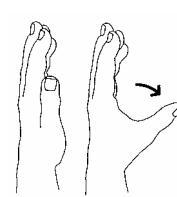
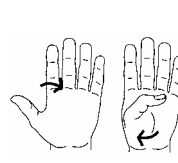
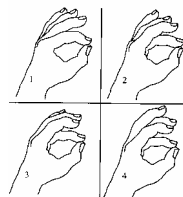
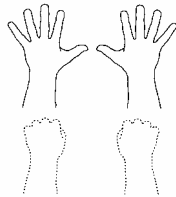
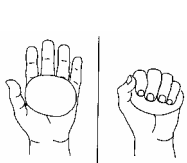




Hand, Wrist, and Elbow Program

Complete __ sets of __ repetitions __ times a day.



*Place putty in palm.
*Squeeze putty with fingers as shown.

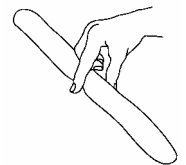
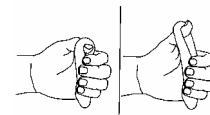
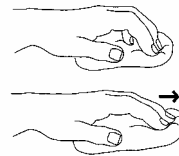
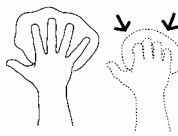
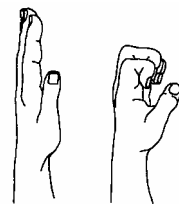
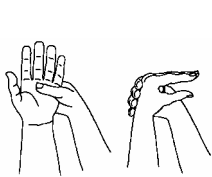
*Begin with hands in front, fingers straight and spread apart.
*Close hands into fist, then open and spread.

*Touch the tip of your thumb to the tip of your index finger.
*Open hand and relax.
*Repeat each finger with thumb.

*Rotate thumb in circles.

*Move thumb away from palm and return.

*Begin with fingers straight and together.
*Bend at MP joints, keeping fingers straight, as if waving.



*Place thumb of one hand across base of fingers as shown.
*Bend fingers downward, keeping fingers straight.

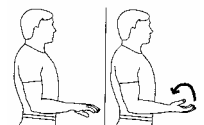
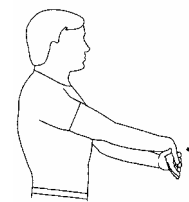
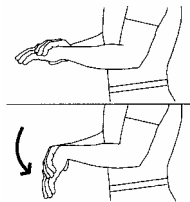
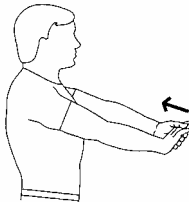
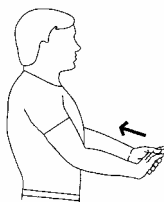
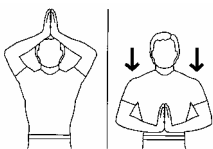
*Begin with fingers and thumb straight and together as shown.
*Bend top two joints of fingers and thumb toward the palm.

*Flatten putty on table.
*Spread fingers and place on putty.
*Curl fingers and bring together as shown.

*Flatten putty on table.
*Place fingers in putty, fingers bent.
*Press fingers into putty and push out, straightening fingers.

*Form putty into a roll and cross over thumb.
*Hold putty in palm.
*Lift thumb up as shown.

*Roll putty into a long roll.
*Pinch putty down its length, alternating thumb and index, thumb and middle, etc.



*Place palms together overhead as shown.
*Keep palms together and move hands downward as far as possible.

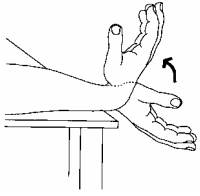
*Grasp fingers of one hand with the other hand.
*With elbow bent, pull back hand gently as shown.

*Grasp fingers of one hand with the other hand.
*With elbow straight, pull back hand gently as shown.

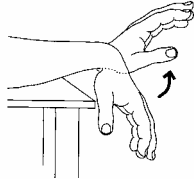
*Begin with elbow bent.
*With other hand, grasp at thumb side of hand and bend wrist downward.

*Begin with elbow straight.
*With other hand, grasp at thumb side of hand and bend wrist downward.

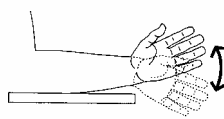
*Stand, arm at side, elbow bent to ninety degrees, palm down.
*Rotate elbow/forearm palm up through available range.



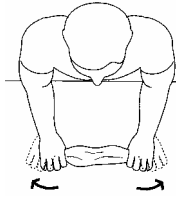
*Place forearm on table with hand off edge of table, palm up, as shown.
*Move hand upward.



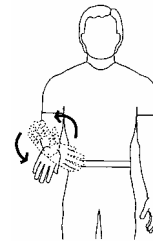
*Place forearm on table with hand off edge of table, table as shown.
*Move hand upward as shown.



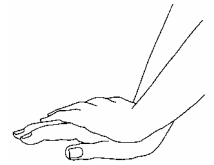
*Support forearm on table, or knee, thumb upward
*Move wrist up and down as shown.



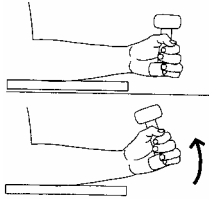
*Hold putty in hands as shown, palms down.
*Support forearms.
*Move hands outward.



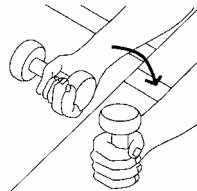
*Stand, arm at side, elbow bent to ninety degrees, palm down.
*Move wrist in circular motions through available range.



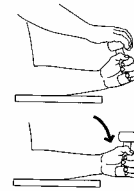
*Place involved hand palm down on table.
*Place palm of other hand on top of fingers.
*Gently press down, straightening fingers.



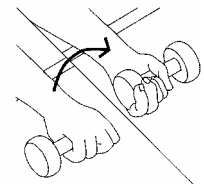
*Support forearm on table, as shown.
*Hold weight in hand thumb up.
*Lift weight upward.



*Support forearm on table.
*Position hand palm up with weight in hand as shown.
*Rotate hand to thumb up.



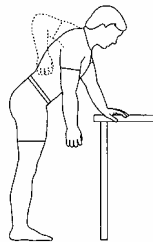
*Place forearm on table thumb up.
*Hold weight in hand.
*Use other hand to raise wrist fully upward.
*Release wrist and slowly lower weight.



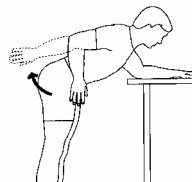
*Support arm on table.
*Position hand palm down holding weight as shown.
*Rotate hand to thumb up.



*Begin with arm at side, elbow straight, palm up.
*Bend elbow upward.



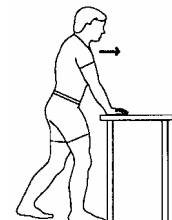
*Slightly bend hips and knees and support upper body with other arm as shown.
*Lift arm up, raising elbow to shoulder height.



*Stand, leaning over chair or table, arm back, elbow bent as shown.
*Straighten elbow through available range.



*Lie on back.
*Raise arm overhead, elbow bent, as shown.
*Straighten arm.



*Place hand on table.
*Keep elbow straight.
*Lean forward, keeping palm on table, until a gentle stretch is felt..