

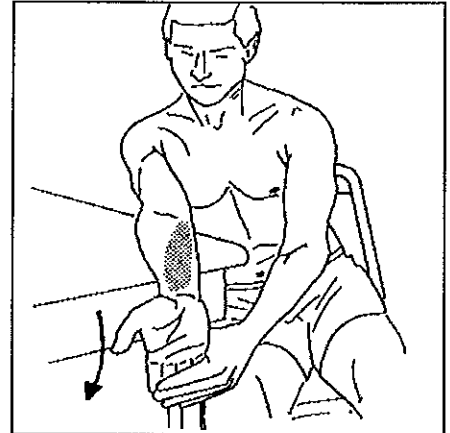
Exercise: Flex Digit Superficial and Profundus Straight Elbow Stretch
 Area: Fingers and wrist

Comment:

Exercise Description:

1. Sit next to table with elbow straight supported on edge palm up.
2. Bend wrist toward floor and keep fingers straight.
3. Place opposite hand over fingers pulling back and hold.
4. Return to starting position, relax, and repeat.

What to feel? Stretching of bottom of forearm
 How many/often? 1 sets 3 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 30 seconds
 Desired Benefits: Increase muscle flexibility



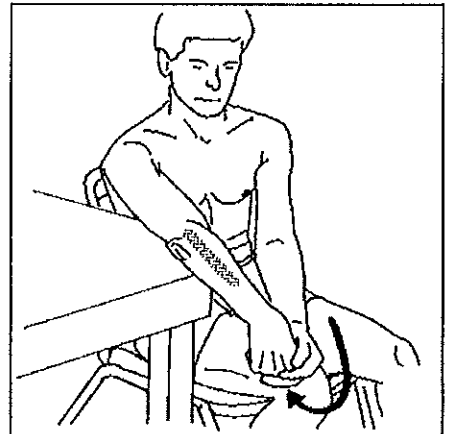
Exercise: Extensor Digitorum Stretch
 Area: Forearm

Comment:

Exercise Description:

1. Sit or stand with good erect posture.
2. Keep elbow straight throughout exercise.
3. Curl fingers making a loose fist and bend wrist down.
4. With UNINVOLVED hand grasp fist and bend wrist down keeping fingers curled and hold.
5. Return to starting position, relax, and repeat.

What to feel? Stretching of top of forearm
 How many/often? 1 sets 3 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 30 seconds
 Desired Benefits: Increase muscle flexibility



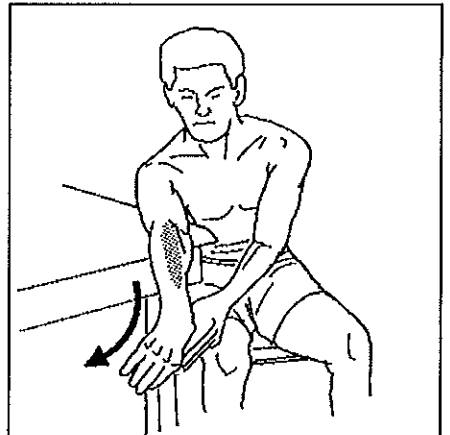
Exercise: Extensor Carpi Radialis Longus and Brevis Stretch
 Area: Elbow and wrist

Comment:

Exercise Description:

1. Sit or stand with good erect posture.
2. Grasp back of hand with UNINVOLVED hand.
3. Keep elbow straight throughout exercise.
4. With UNINVOLVED hand bend wrist down and out and hold.
5. Return to starting position and repeat.

What to feel? Stretching of top of forearm
 How many/often? 1 sets 3 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 30 seconds
 Desired Benefits: Increase muscle flexibility



Exercise: Wrist Up (Extension)

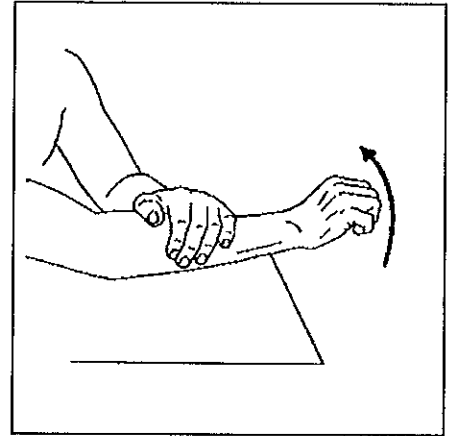
Area: Wrist

Comment:

Exercise Description:

1. Sit with forearm supported on firm surface, wrist and hand off edge, palm down and wrist bent downward.
2. Keep forearm supported throughout exercise.
3. Lift hand upward by bending wrist.
4. Slowly return to starting position, relax, and repeat.

What to feel? Tightening of top of forearm
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength



Exercise: Wrist Down (Flexion)

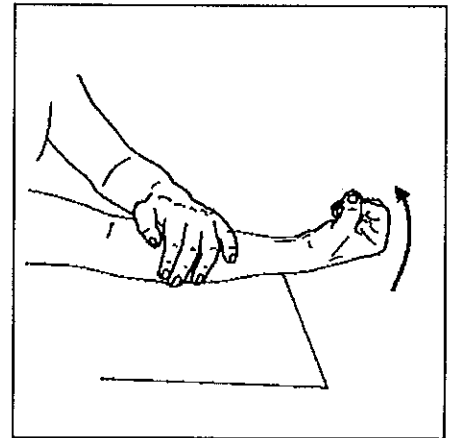
Area: Wrist

Comment:

Exercise Description:

1. Sit with forearm supported on firm surface, wrist and hand off edge, palm up and wrist bent toward floor.
2. Keep arm supported throughout exercise.
3. Lift hand up by bending wrist.
4. Slowly return to starting position and repeat.

What to feel? Tightening of inside of forearm
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength



Exercise: Wrist In (Radial Deviation)

Area: Wrist

Comment:

Exercise Description:

1. Sit with forearm supported on firm surface, wrist hand and off edge, thumb up and wrist relaxed and bent down.
2. Keep forearm supported throughout exercise.
3. Lift hand up toward ceiling by bending wrist sideways leading with thumb.
4. Return to starting position and repeat.

What to feel? Tightening on top of forearm
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength

