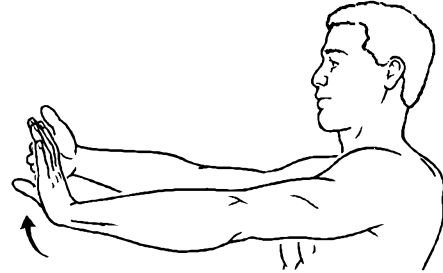




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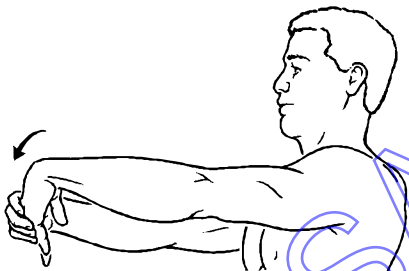
Created By: Sachin Desai, PT  
E-Mail: info@familycarepluspt.com  
Phone: (810)743-7950

HAND - 13 Wrist Flexor Stretch



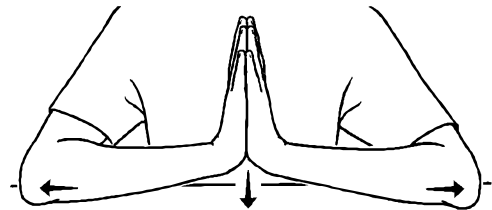
Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt. Hold 2-4 seconds. Relax.  
Repeat 5 times per set. Do 3 sets per session.  
Do 3 sessions per day.

HAND - 14 Wrist Extensor Stretch



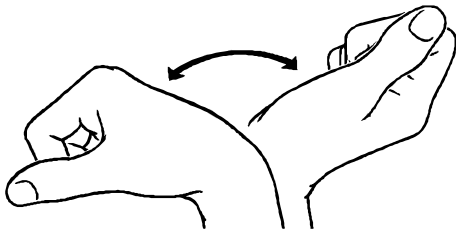
Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 2-4 seconds. Relax.  
Repeat 5 times per set. Do 3 sets per session.  
Do 3 sessions per day.

HAND - 16 Wrist Flexor Stretch



Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 2-4 seconds. Relax.  
Repeat 5 times per set. Do 3 sets per session.  
Do 3 sessions per day.

HAND - 17 AROM: Wrist Flexion / Extension



Actively bend right wrist forward then back as far as possible.  
Repeat 5 times per set. Do 3 sets per session.  
Do 3 sessions per day.

HAND - 41  
AROM: Wrist Radial / Ulnar Deviation



Gently bend left wrist from side to side as far as possible.  
Repeat 5 times per set. Do 3 sets per session.  
Do 3 sessions per day.