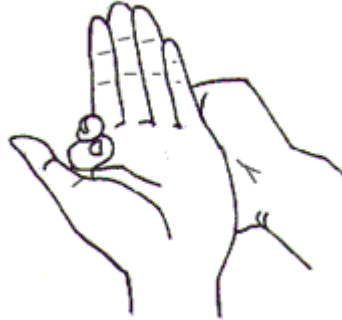


Wrist Range of Motion

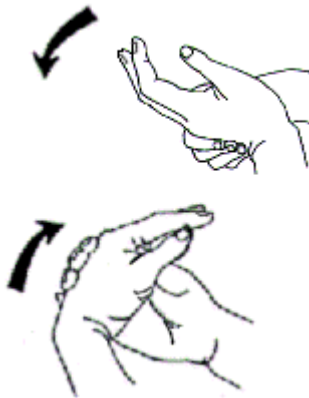


GRAB YOUR HAND AS ILLUSTRATED AND TWIST WRIST TO OBTAIN A STRETCH. YOUR PALM WILL FACE UP WHEN COMPLETE RANGE OF MOTION IS RECOVERED.

Repeat: 10 times **Sets:** 2

Hold Time: 0 secs **Resistance/Time:** 0

Sessions: 2 /day



GRAB THE HAND AS ILLUSTRATED. STRETCH THE WRIST IN ONE DIRECTION AND THEN THE OTHER.

Repeat: 10 times **Sets:** 2

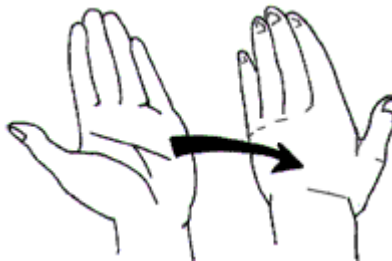
Hold Time: 0 secs **Resistance/Time:** 0

Sessions: 2 /day



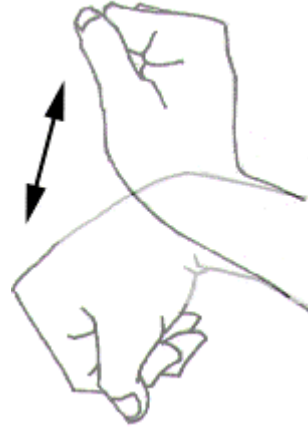
GRAB THE BACK OF YOUR HAND AS ILLUSTRATED AND GENTLY TWIST THE WRIST TO OBTAIN A STRETCH. YOUR PALM WILL FACE DOWN WHEN YOUR FULL RANGE OF MOTION IS RECOVERED.

Repeat:	10 times	Sets:	2
Hold Time:	0 secs	Resistance/Time:	0
Sessions:	2 /day		



GENTLY ROTATE THE WRIST TURNING THE PALM UP AND THEN DOWN.

Repeat:	10 times	Sets:	2
Hold Time:	0 secs	Resistance/Time:	0
Sessions:	2 /day		



GENTLY BEND THE WRIST UP AND DOWN UNTIL A STRETCH IS FELT.

Repeat:	10 times	Sets:	2
Hold Time:	0 secs	Resistance/Time:	0
Sessions:	2 /day		