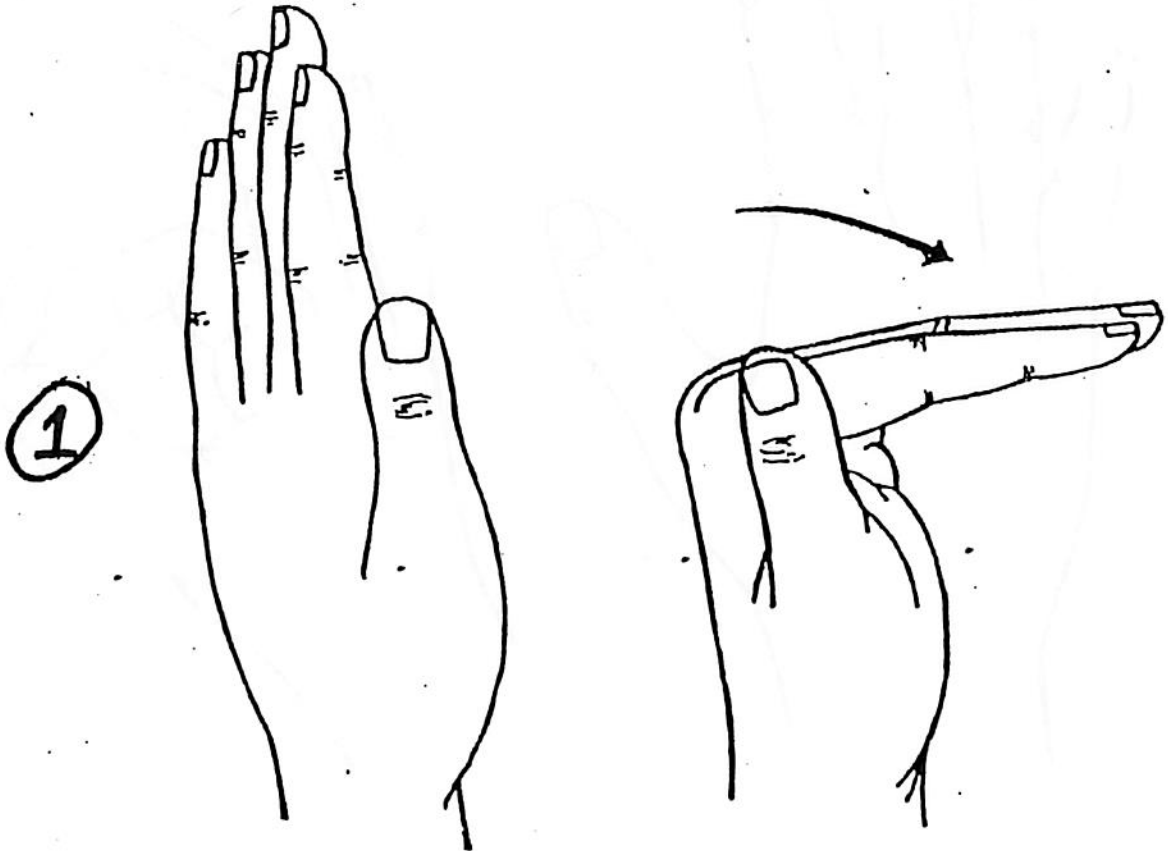


PASSIVELY STRETCH WITH HAND

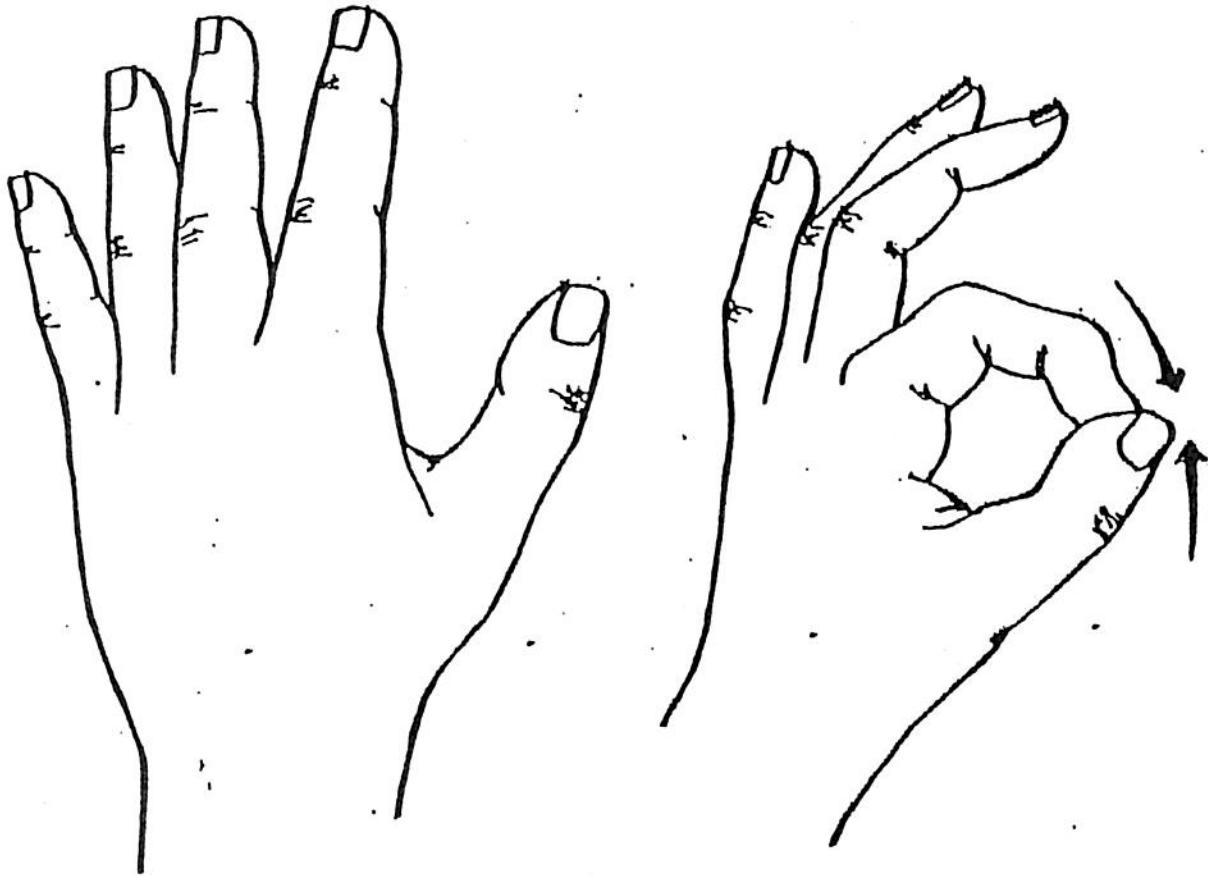


DIP/PIP EXTENSION/MCP FLEXION

1. Bend knuckle joints of fingers down as shown
2. Keep the other joints of your fingers straight
3. Hold 2 to 3 seconds
4. 10 repetitions, 4 times a day

Goal _____

***TOUCH THUMB TO EACH FINGER TIP
THEN HITCH HIKE IT BACK UP**

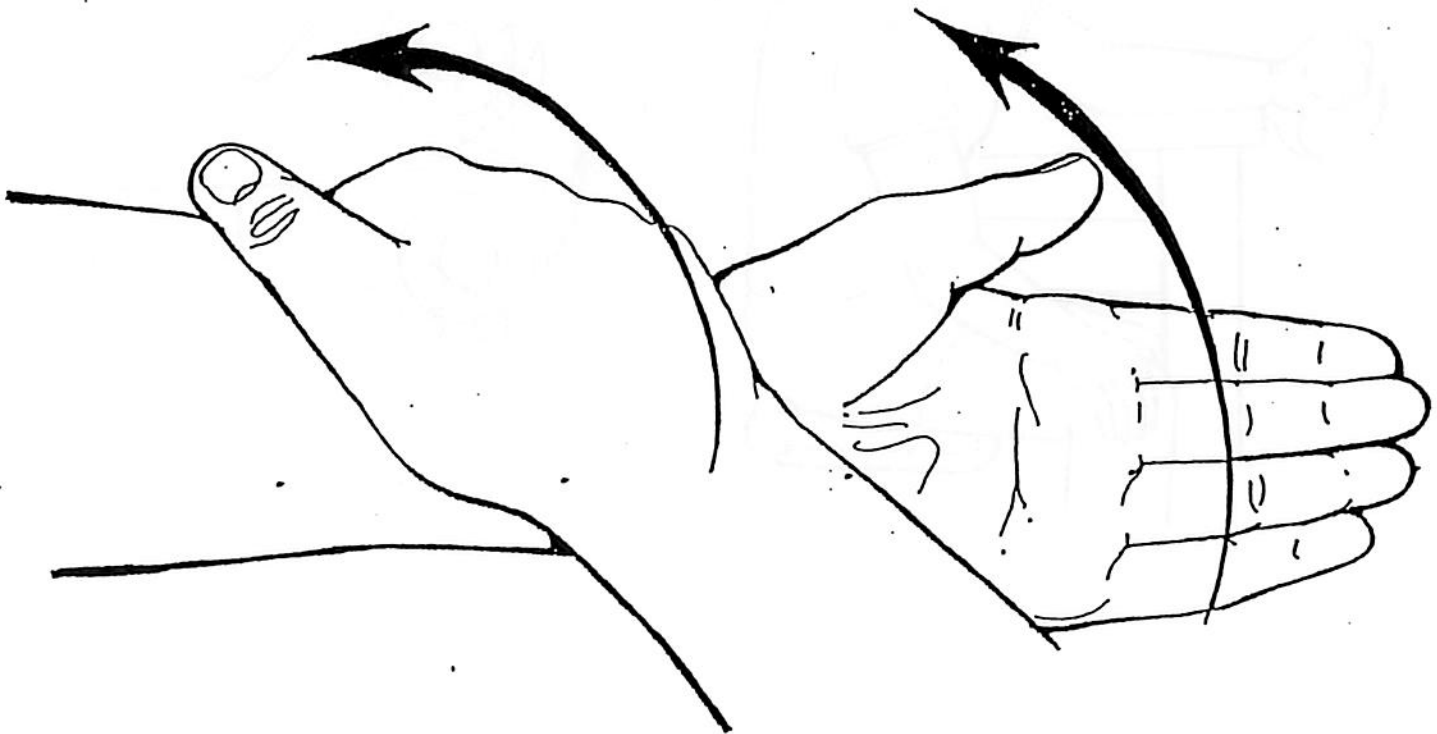


FINGER/THUMB FLEXION

- 1. Pinch thumb and first finger together as shown**
- 2. Hold 2 to 3 seconds**
- 3. Repeat with other fingers as instructed**
- 4. 10 repetitions, 4 times a day**

Goal _____

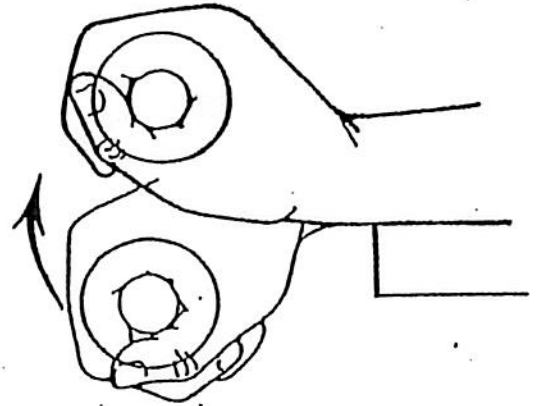
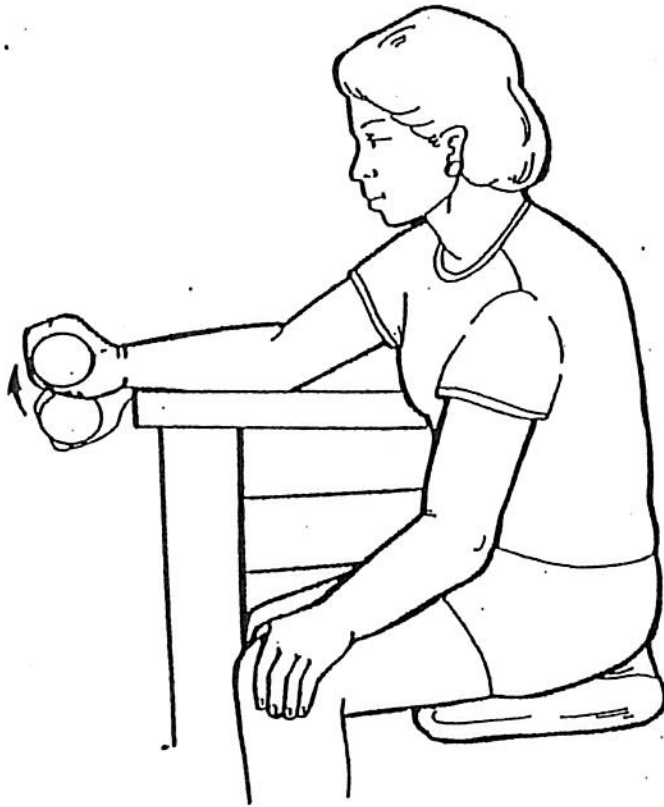
TURN PALM UP THEN PALM DOWN
***KEEP ELBOW BENT 90° AT YOUR SIDE**



SUPINATION/PRONATION

- 1. Turn palm of hand upward as shown**
- 2. Use other hand on wrist to help so that you feel a stretch**
- 3. Hold 2 to 3 seconds**
- 4. 10 repetitions, 4 times a day**

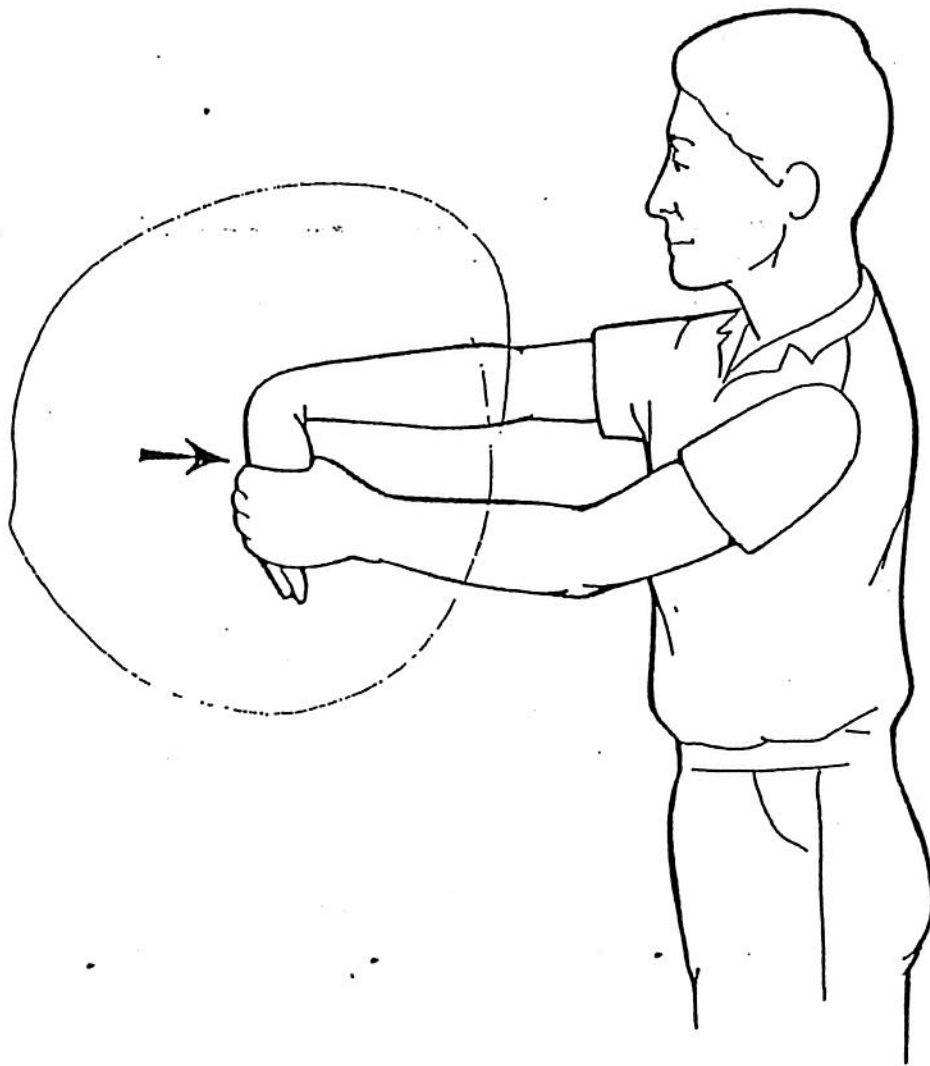
Goal _____



WRIST EXTENSION

1. Sit or stand with arm supported as shown
2. Hold 1 pound weight in hand
3. Curl wrist slowly upward
4. Hold 2 to 3 seconds, slowly lower
5. 10 repetitions, 4 times a day

Goal _____



WRIST FLEXION

- 1. Hold wrist as shown**
- 2. Bend the wrist until you feel a stretch**
- 3. Hold 2 to 3 seconds**
- 4. 10 repetitions, 4 times a day**

Goal _____