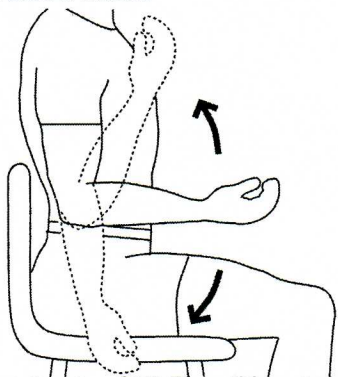
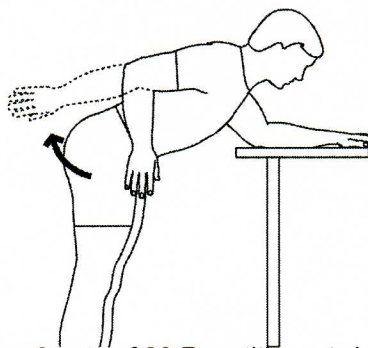


**AROM elbow flex/ext**



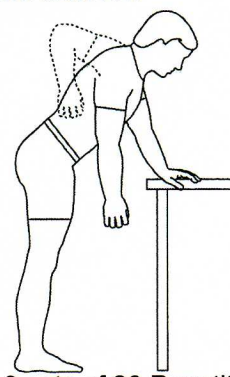
Perform 3 sets of 20 Repetition, twice a day.  
Rest 1 Minute between sets.

**AROM elbow ext stand (triceps kickbacks)**



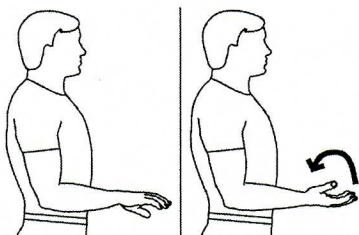
Perform 3 sets of 20 Repetitions, twice a day.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM shld bent row**



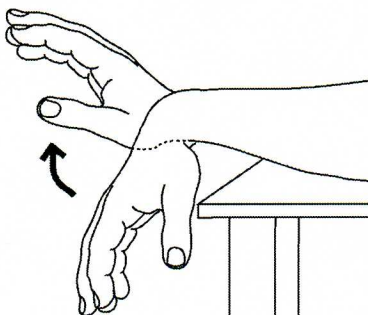
Perform 3 sets of 20 Repetitions, twice a day.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM wrist sup/pron**



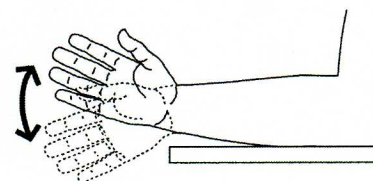
Perform 3 sets of 20 Repetitions, twice a day.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM wrist flex/ext palm down**



Perform 3 sets of 20 Repetitions, twice a day.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM wrist ulnar/radial dev**



Perform 3 sets of 20 Repetitions, twice a day.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

Issued By: MMPC Orthopaedics

Signature: \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

Except as to user supplied materials, Copyright 1995-2006 BioEx Systems, Inc.