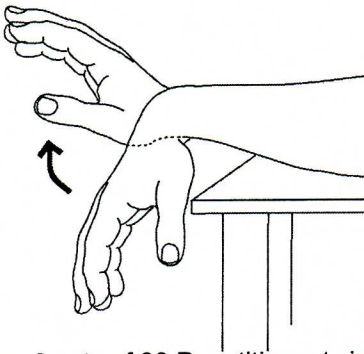


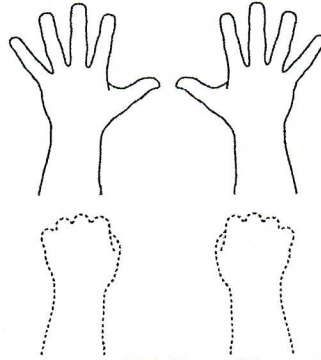
AROM wrist flx/ext palm down



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

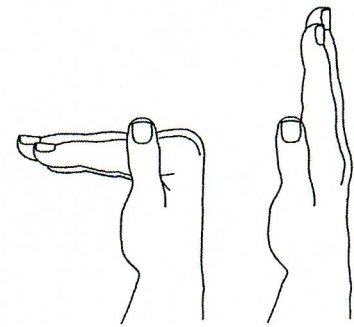
AROM finger flx/ext hand open/close



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

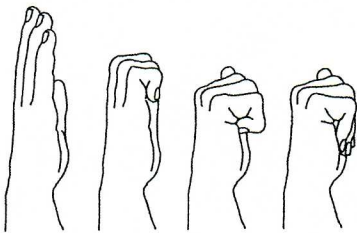
AROM finger lumbricals flx/ext



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

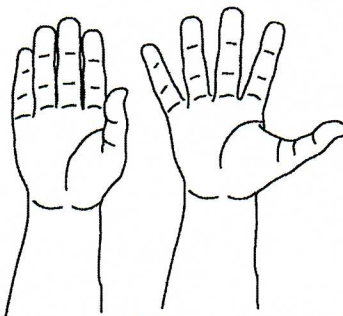
AROM hand/finger tendon glide



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

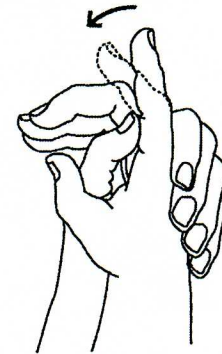
AROM finger/thumb abd/add



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM finger PIP flx/ext blocked



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

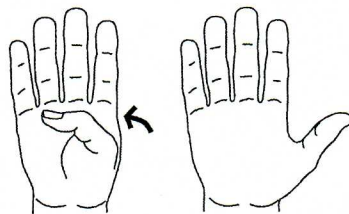
AROM finger DIP flx/ext blocked



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

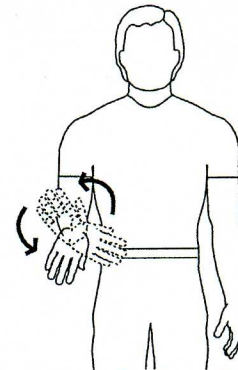
AROM thumb CMC flx/ext



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM wrist circles



Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Issued By: MMPC Orthopaedics

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

Michigan Medical, P.C.

Signature: _____

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