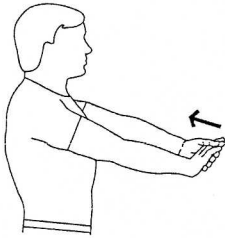
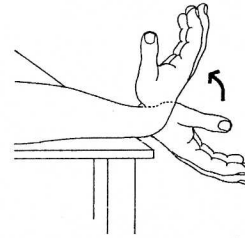


Stretch wrist flexors straight arm pron

- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 15 Seconds.

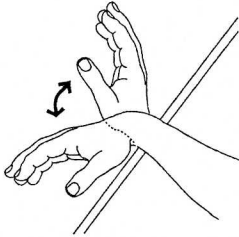
AROM wrist flx/ext palm up

- Place forearm on table with hand off edge of table, palm up, as shown.
- Move hand upward.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

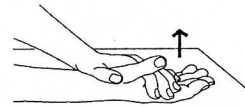
Grav- wrist flx/ext

- Place forearm on table with hand positioned as shown, thumb upward.
- Move wrist back and forth.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Iso wrist flx

- Hold involved hand with other hand as shown.
- Try to flex wrist, not allowing it to move.

Special Instructions:

Perform exercise in several ranges.

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Issued By: MMPC Orthopedics

Signature: _____

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

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Michigan Medical, P.C.

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