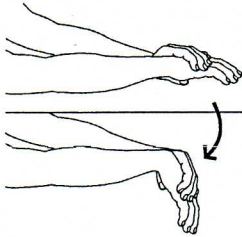


Stretch wrist extensors straight arm

- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 4 Repetitions, twice a day.

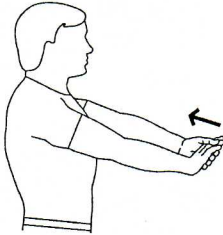
Hold exercise for 20 Seconds.

Stretch wrist flexors bent elbow

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

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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 20 Seconds.

Stretch wrist pron

- Begin with elbow bent and next to body.
- Place other hand at wrist.
- Gently rotate and turn wrist downward until a gentle stretch is felt
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

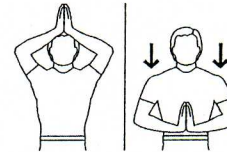
Hold exercise for 20 Seconds.

Stretch wrist sup

- Begin with elbow bent and next to body.
- Place other hand at wrist.
- Gently rotate and turn wrist upward until a gentle stretch is felt
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch wrist flexors bil (prayer)

- Place palms together over head.
- Keep palms together and move hands downward as far as possible.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Issued By: MMPC Orthopedics

Signature: _____

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

Michigan Medical, P.C.

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