

AROM finger flx/ext hand open/close

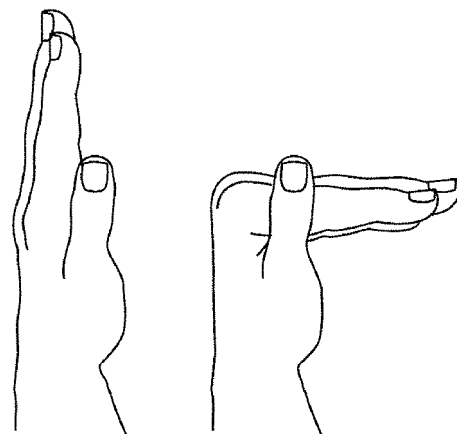
- Hold hands in front.
- Begin with fingers straight and spread apart.
- Close hands into a fist.
- Open and spread fingers.
- Repeat.

Perform 1 set of 10 Repetitions,
once a day.

AROM finger lumbricals flx/ext

- Begin with fingers straight and together.
- Bend at MP joints keeping fingers straight, as if waving.
- Straighten and repeat.

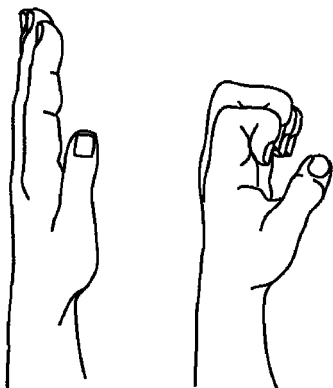
Perform 1 set of 10 Repetitions,
once a day.



AROM finger PIP flx/ext intrinsics

- Begin with fingers and thumb straight and together as shown.
- Bend just the top two joints of the fingers and just the top joint of the thumb toward the palm.
- Straighten and repeat.

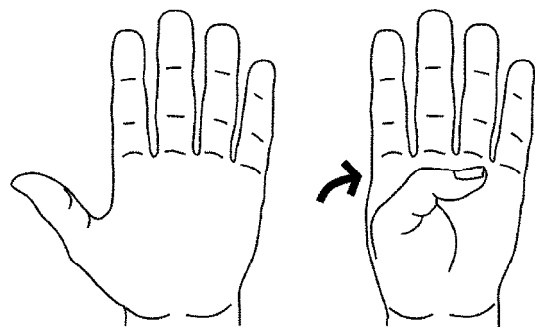
Perform 1 set of 10 Repetitions,
once a day.



AROM thumb CMC flx/ext

- Begin with thumb positioned outward, as shown.
- Move thumb across palm.
- Repeat.

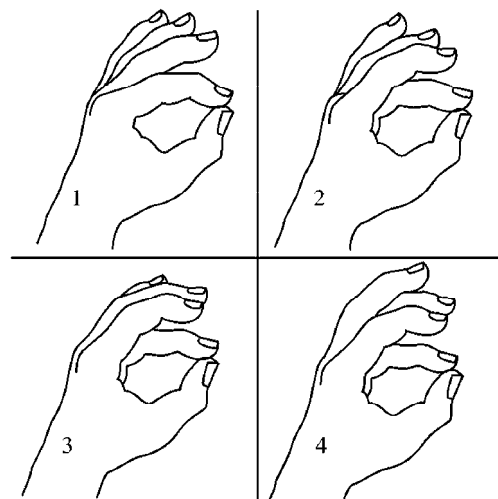
Perform 1 set of 10 Repetitions,
once a day.



AROM thumb/finger opposition

- Touch the tip of your thumb to the tip of your index finger.
- Open hand and relax.
- Repeat with each finger with thumb.

Perform 2 sets of 10 Repetitions,
once a day.



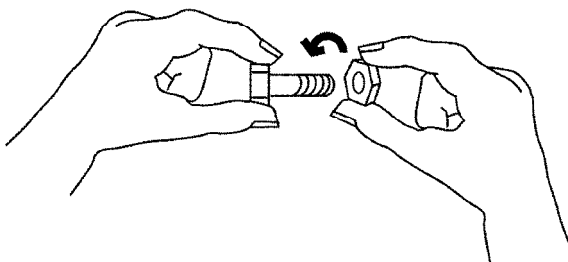
AROM hand/finger object manipulation w/nuts & bolts

- Hold bolt in involved hand.
- Use other hand to thread a nut onto bolt and then remove it.
- Use other hand to hold bolt and repeat activity.

Special Instructions:

Use different sizes of nuts and bolts for each of the sets.

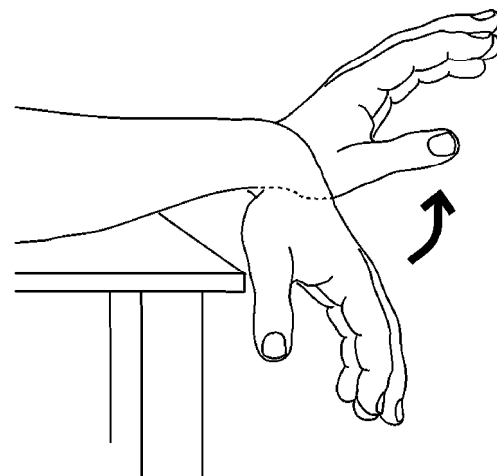
Perform 1 set of 10 Repetitions,
once a day.

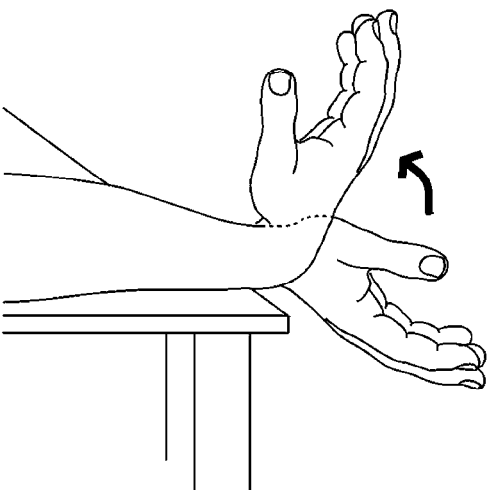


AROM wrist flx/ext palm down

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

Perform 2 sets of 10 Repetitions,
once a day.





AROM wrist flx/ext palm up

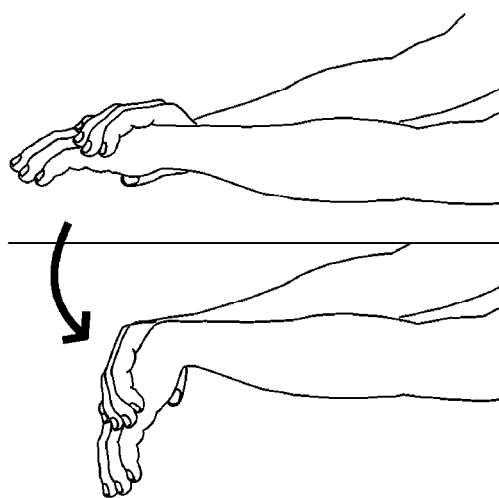
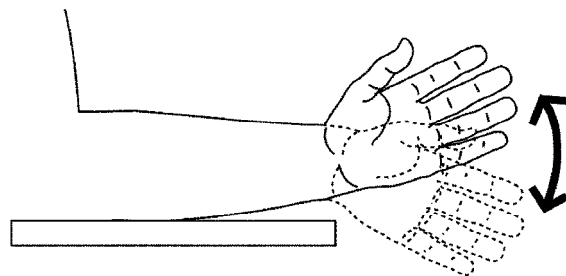
- Place forearm on table with hand off edge of table, palm up, as shown.
- Move hand upward.
- Return to starting position.
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Perform 2 sets of 10 Repetitions,
once a day.

AROM wrist ulnar/radial dev

- Support forearm on table or knee, thumb upward.
- Move wrist up and down, as shown.

Perform 1 set of 10 Repetitions,
once a day.

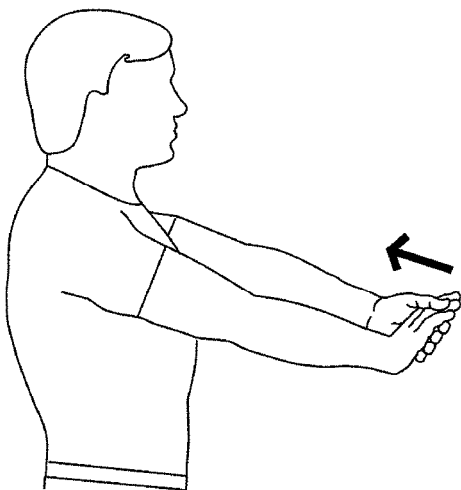


Stretch wrist extensors straight arm

- 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 10 Repetitions,
once a day.

Hold exercise for 10 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 10 Repetitions,
once a day.

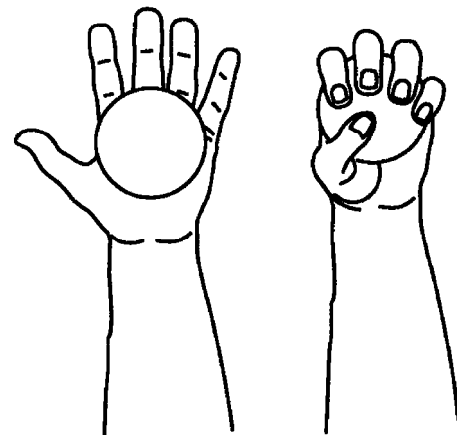
Hold exercise for 10 Seconds.

Resist hand/finger ball squeeze

- Hold rubber ball or tennis ball in hand.
- Squeeze ball with fingers.
- Relax and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use Ball.
Hold exercise for 5 Seconds.

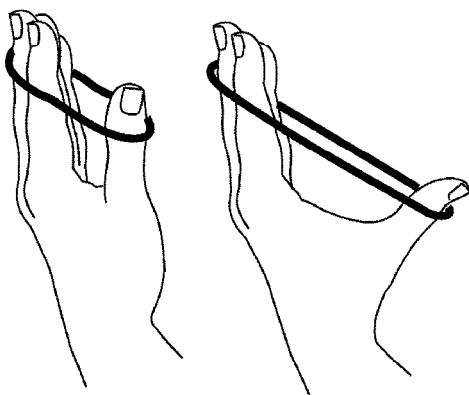


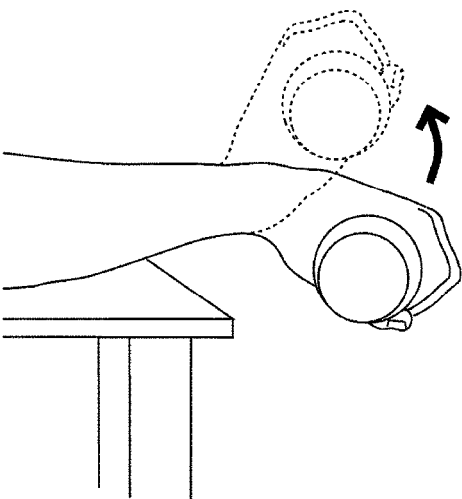
Resist thumb abd w/elastic

- Wrap elastic around fingers.
- Place thumb under elastic and move up and away from palm.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use rubber band or Elastic.
Hold exercise for 3 Seconds.





Resist wrist ext w/wt

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

Perform 3 sets of 10 Repetitions,
once a day.

Use 1-5 Lbs.

Resist wrist flx w/wt

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

Perform 3 sets of 10 Repetitions,
once a day.

Use 1-5 Lbs.

