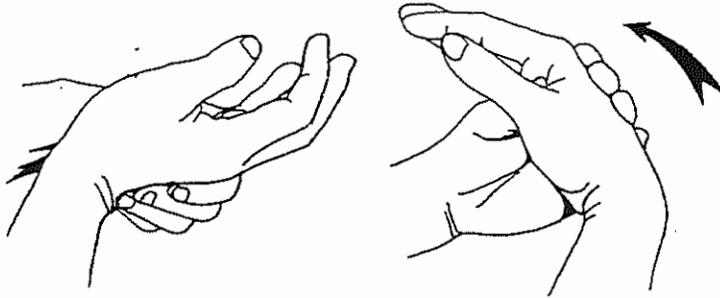


HAND - 12 Passive Range of Motion
Wrist Flexion/Extension

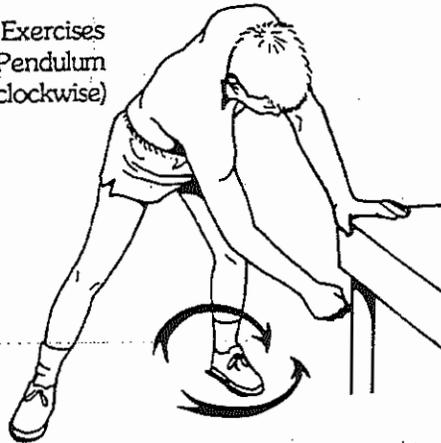


Using other hand, grasp involved hand and slowly bend wrist until a stretch is felt. Relax. Then stretch as far as you can in the opposite direction. Be sure to keep elbow bent. Repeat 10 times. Do 2 sessions per day. Copyright VHI 1990

SHOULDER - 26
Range of Motion Exercises
(Codman's Exercises): Pendulum
(Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat 10 times.
Do 2 sessions per day.



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HAND - 39
Elbow Flexion and Extension: Active Range of Motion



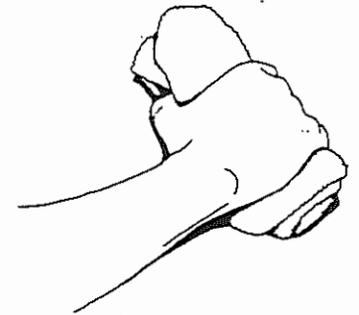
With palm either UP DOWN THUMBSIDE UP gently bend elbow as far as possible. Hold _____ seconds. Straighten arm back out as far as possible.

Repeat 10 Repetitions/set. Do 2 Sets/session.
Do 2 Sessions/day.

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HAND - 47 Towel Roll Squeeze

With forearm resting on surface, gently squeeze towel.



Repeat 10 Repetitions/set.
Do 3 Sets/session.
Do 2 Sessions/day.

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