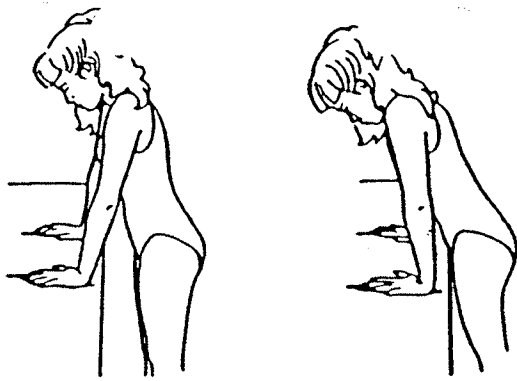


### HAND - 15 Wrist Flexor Stretch



With palms comfortably resting on table, slowly move body over hands until a gentle stretch is felt in forearms.

Hold 30 seconds. Relax. Repeat 3 times.

Do 3 sessions per day.

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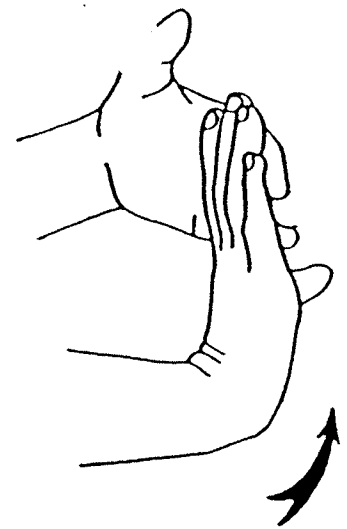
### HAND - 13 Wrist Flexor S'

Keeping elbow straight, grasp involved hand and slowly bend w. st until a stretch is felt.

Hold 30 seconds. Relax.

Repeat 3 times.

Do 3 sessions per day.



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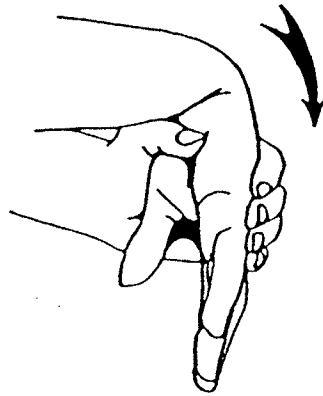
### HAND - 14 Wrist Extensor Stretch

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.

Hold 30 seconds. Relax.

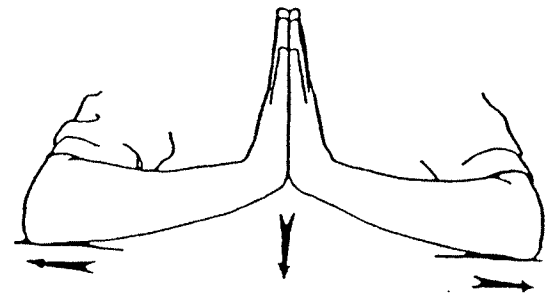
Repeat 3 times.

Do 3 sessions per day.



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### HAND - 16 Wrist Extension Stretch



Sitting with elbows on table and palms together, slowly lower wrists to table until a stretch is felt. Be sure to keep palms together throughout the stretch.

Hold 30 seconds. Relax. Repeat 3 times.

Do 3 Sessions per day.

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### HAND - 20 Forearm Pronation Stretch

With involved hand in a handshake position, grasp and slowly turn it to a palm down position until a stretch is felt.

Hold 30 seconds. Relax.

Repeat 3 times.

Do 3 sessions per day.



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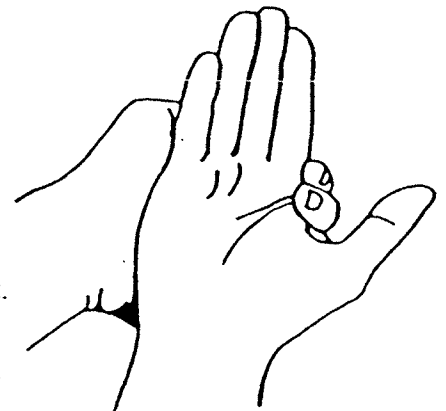
### HAND - 19 Forearm Supination Stretch

With involved hand in a handshake position, grasp and slowly turn it to a palm up position until a stretch is felt.

Hold 30 seconds. Relax.

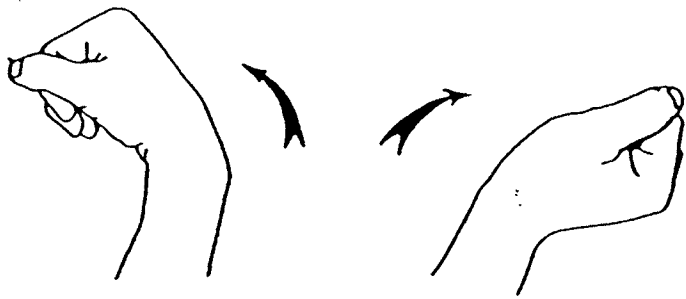
Repeat 3 times.

Do 3 sessions per day.



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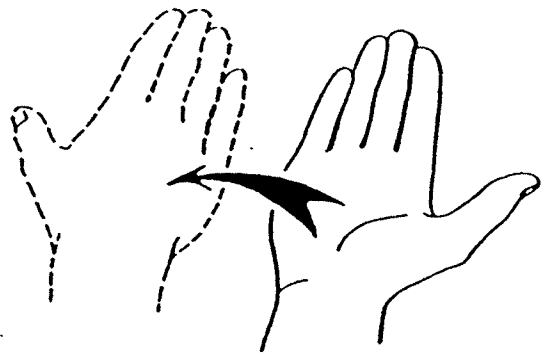
**HAND - 17 Active Range of Motion**  
Wrist Flexion/Extension



Actively bend wrist forward then backward as far as you can.  
Repeat 30 times. Do 3 sessions per day.

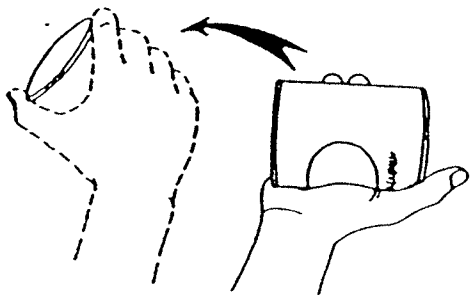
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**HAND - 18 Active Range of Motion**  
Forearm Prc /Supination



Start with arm in hand-shaking position and slowly rotate palm down until a stretch is felt. Hold 30 seconds. Relax. Then rotate palm up until a stretch is felt.  
Repeat 30 times. Do 3 sessions per day. Copyright VHI 1990

**HAND - 37**  
Active Resistive Forearm Supination/Pronation

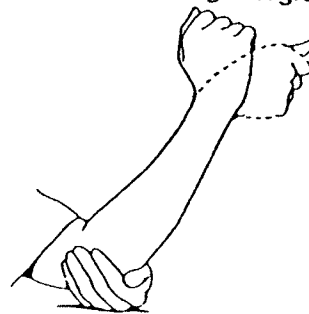


With a Campbell soup can pound object in hand, slowly turn palm up then down.

Repeat 30 times. Do 3 sessions per day.

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**HAND - 42**  
Wrist Radial/Ulnar Deviation:  
Active Range of Motion against gravity



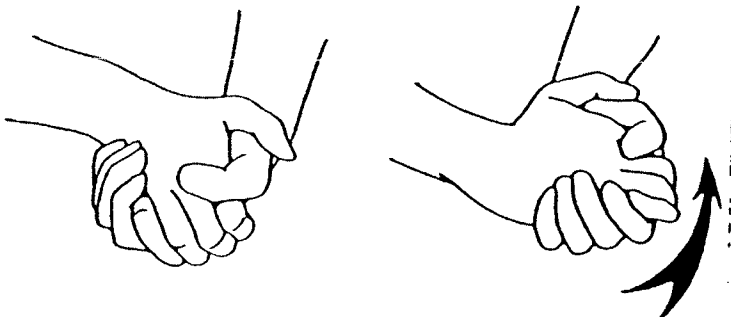
With thumb facing you, gently bend wrist toward then away from you. Keep elbow bent and supported.

Repeat 30 Repetitions/set. Do 3 Sets/session.

Do 2-3 Sessions/day.

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**HAND - 40**  
Wrist Radial/Ulnar Deviation: Passive Range of Motion



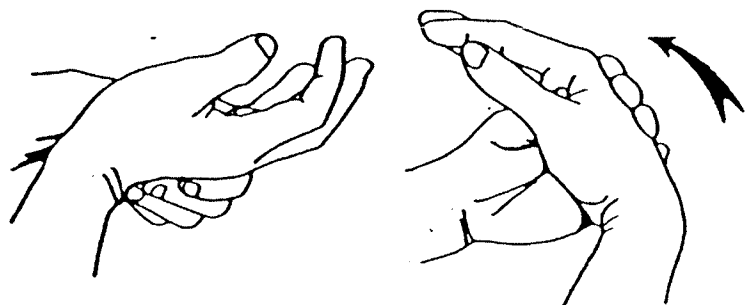
Grasp involved hand with uninvolved hand and gently stretch hand and wrist from side to side as far as possible.

Repeat 30 Repetitions/set. Do 3 Sets/session.

Do 2-3 Sessions/day.

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**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 30 times. Do 3 sessions per day. Copyright VHI 1990

### HAND - 25

#### Isometric Forearm Pronation

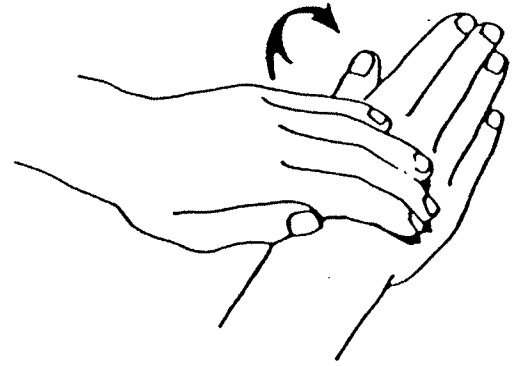
Resist downward rotation of hand with opposite hand.



Hold 30 seconds.  
Relax.  
Repeat 3 times.  
Do 3 sessions per day.

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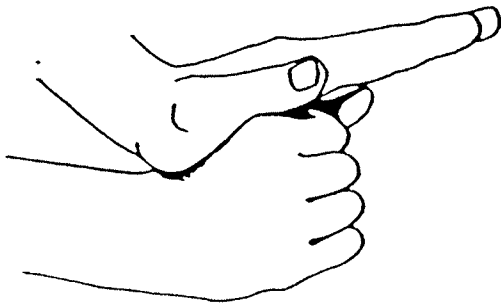
### HAND - 26 Isometric Forearm Supination



Resist upward rotation of palm with opposite hand.  
Hold 30 seconds. Relax. Repeat 3 times.  
Do 3 sessions per day.

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### HAND - 23 Isometric Radial Deviation



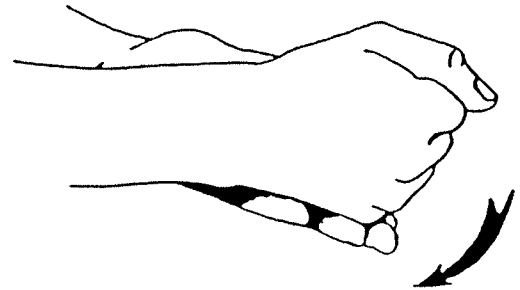
With involved forearm resting on thigh with thumb up, resist upward movement of hand with other hand.

Hold 30 seconds. Relax. Repeat 3 times.

Do 3 sessions per day.

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### HAND - 24 Isometric Ulnar Deviation



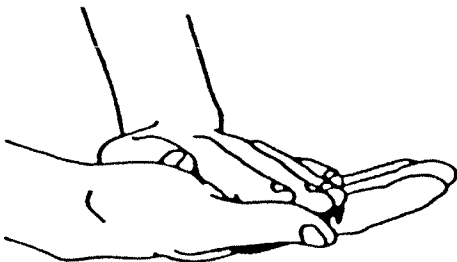
With involved forearm resting on thigh with thumb up, resist downward movement of wrist with other hand.

Hold 30 seconds. Relax. Repeat 3 times.

Do 3 sessions per day.

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### HAND - 21 Isometric Wrist Flexion



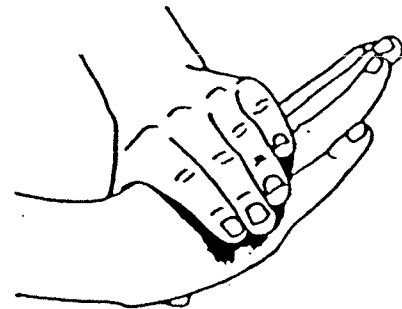
With involved forearm resting palm up on thigh, resist upward movement of hand with opposite hand as shown.

Hold 30 seconds. Relax. Repeat 3 times.

Do 3 sessions per day.

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### HAND - 22 Isometric Wrist Extension



With involved forearm resting palm down on thigh, resist upward movement of hand with opposite hand.

Hold 30 seconds. Relax. Repeat 3 times.

Do 3 sessions per day.

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