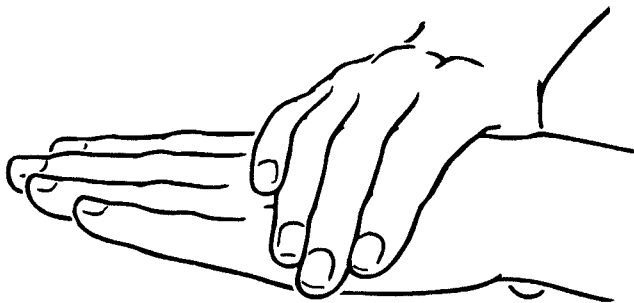


HAND - 22 Wrist Extension: Isometric



With forearm resting palm down on thigh, resist upward movement of hand with other hand. Hold 10 seconds. Relax.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

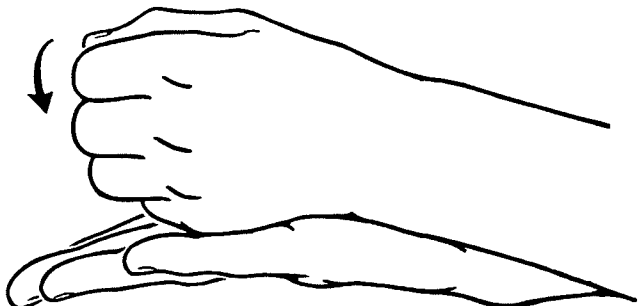
HAND - 21 Wrist Flexion: Isometric



With forearm resting palm up on thigh, resist upward movement of hand with other hand. Hold 10 seconds. Relax.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

HAND - 24 Wrist Ulnar Deviation: Isometric

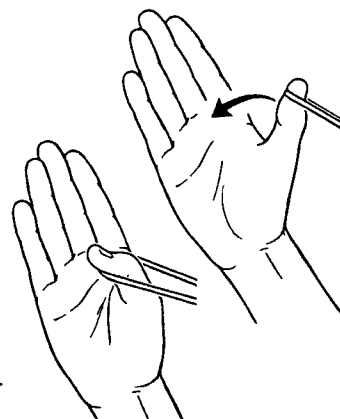


With forearm resting on thigh, thumb up, use other hand to resist downward movement of hand at wrist. Hold 10 seconds. Relax.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

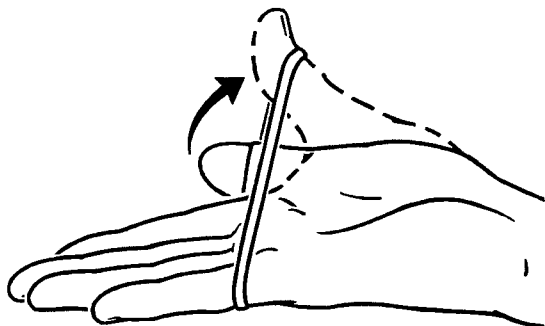
HAND - 55 Thumb Flexion: Resisted

With rubber band around thumb, hold other end with other hand. Bend thumb toward palm.



Repeat 5 times per set. Do 2 sets per session. Do 1 sessions per day.

HAND - 52 Thumb Abduction: Resisted

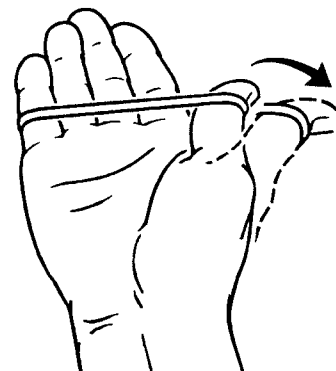


With palm up, with rubber band around fingers and thumb, move thumb up away from palm.

Repeat 5 times per set. Do 2 sets per session. Do 1 sessions per day.

HAND - 51 Thumb Extension: Resisted

With palm up, with rubber band around fingers and thumb, move thumb outward.



Repeat 5 times per set. Do 2 sets per session. Do 1 sessions per day.