After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you to return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been shown to drastically improve mood, decrease healing times & slow the aging process!

**Warm-up** before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

**Ask questions** if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.

---

**Hand & Forearm Exercises**

Prescription (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

__________ reps, __________ sets, __________ seconds to hold, __________ times/day or week

---

*‘Dedicated to Clinical Excellence’ ©Professional Health Systems Inc. Prepared by Dr. Nikita Vizniak.  www.prohealthsys.com*
After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking. Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.

Hand & Forearm Stretches

Flexor Stretch:
• Elbow straight, wrist extended, use opposite hand to pull fingers back

Extensor Stretch:
• Elbow straight, wrist flexed & hand in a fist, use opposite hand to apply flexion pressure

Thumb Extension Stretch:
• Elbow straight, wrist extended, use opposite hand to pull distal phalanx of thumb into extension

Thumb Flexion Stretch

Wrist Flexion Stretch 2:
• Elbow straight, wrist flexed & supinated, use opposite hand to apply pressure over the hand

Wrist Flexion Stretch:
• Elbow straight, wrist flexed & pronated, use opposite hand to apply pressure over wrist

Prescription (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

______________ reps, _____________ sets, _____________ seconds to hold, _____________ times/day or week

‘Dedicated to Clinical Excellence’ ©Professional Health Systems Inc. Prepared by Dr. Nikita Vizniak. www.prohealthsys.com