

Prepared for: _____

Prepared by: _____

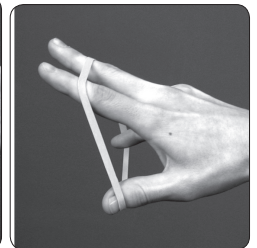
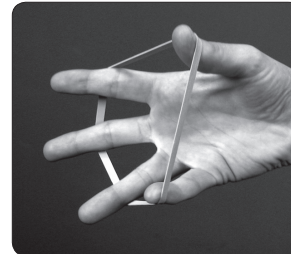
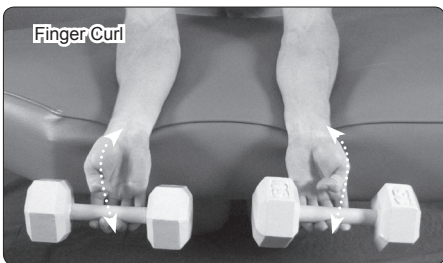
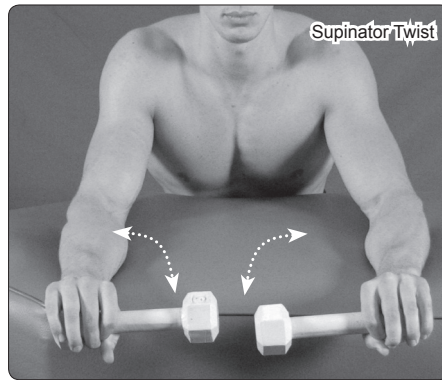
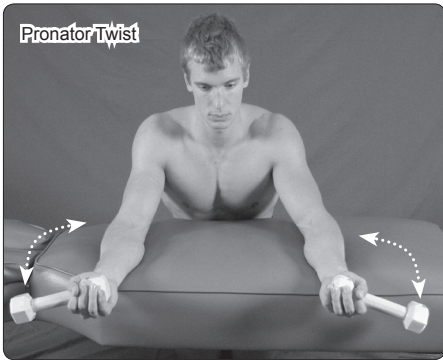
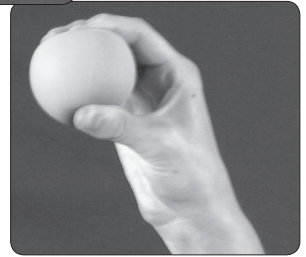
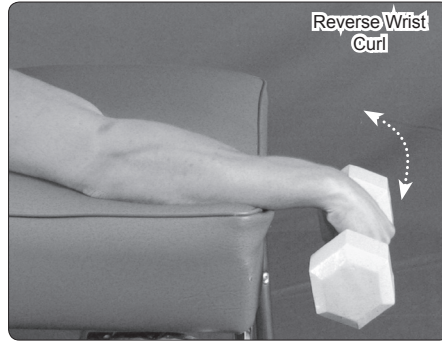
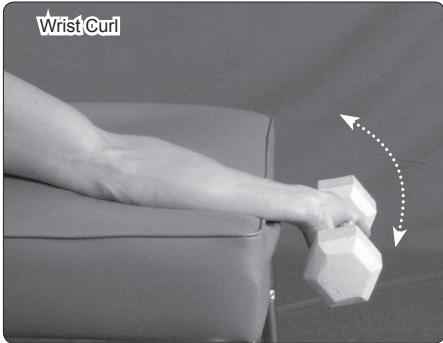
Purpose of program: _____

Hand & Forearm Exercises

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.



Elastic Band Exercises

Grip strength (squeeze tennis ball or racket ball)

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

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Hand & Forearm Stretches

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.

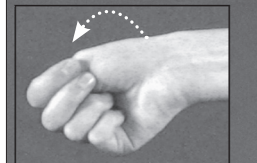
Flexor Stretch:

- Elbow straight, wrist extended, use opposite hand to pull fingers back

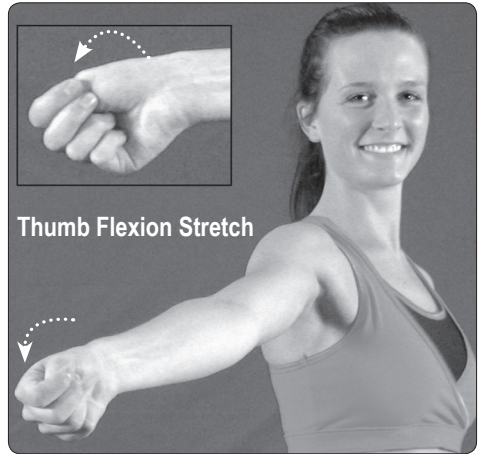


Extensor Stretch:

- Elbow straight, wrist flexed & hand in a fist, use opposite hand to apply flexion pressure



Thumb Flexion Stretch



Thumb Extension Stretch:

- Elbow straight, wrist extended, use opposite hand to pull distal phalanx of thumb into extension



Wrist Flexion Stretch:

- Elbow straight, wrist flexed & supinated, use opposite hand to apply flexion pressure over the hand



Wrist Flexion Stretch 2:

- 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