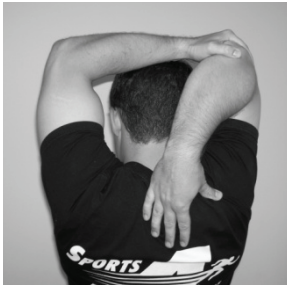


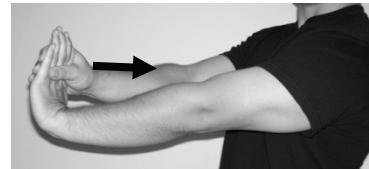
Wrist & Elbow Rehabilitation

TRICEP STRETCH



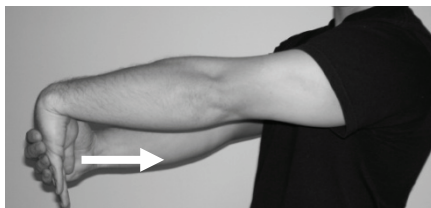
1. Stand and grasp affected arm as shown.
2. Pull elbow up towards head as hand reaches for the back
3. Hold 15-20 seconds, relax
4. 5 repetitions, 2X day

FLEXOR STRETCH



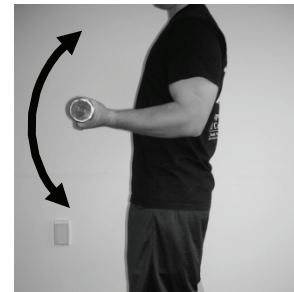
1. Stand and grasp affected hand as shown.
2. With palm facing away pull hand towards you until you feel a stretch.
3. Hold 15-20 seconds, relax
4. 5 repetitions, 2X day

EXTENSOR STRETCH



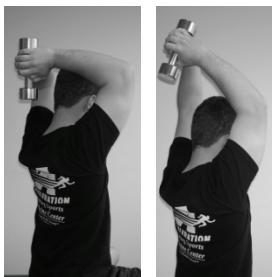
1. Stand and grasp affected hand as shown
2. Pull the palm down and toward you until you feel a stretch
3. Hold 15-20 seconds, relax
4. 5 repetitions, 2X day

BICEP CURL



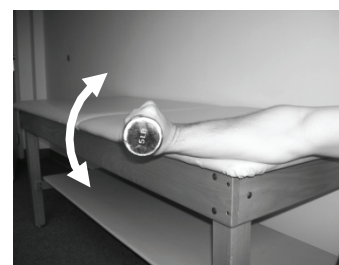
1. Hold ___ lb weight in ___ hand
2. Keeping elbow at the side and palm facing up
3. Raise arm, bending at the elbow
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1X day

TRICEP EXTENSION



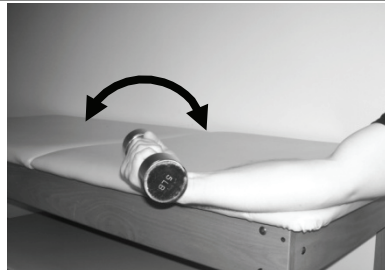
1. Grip a single dumbbell with both hands
2. Sit tall keeping your back straight
3. Straighten your arms overhead and then bend your elbows allowing the dumbbell to lower between your shoulder blades
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1X day

WRIST EXTENSION



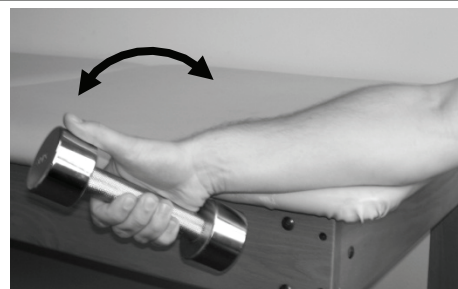
1. Sit or stand with ___ arm supported as shown
2. Hold 1-5 lb weight in hand
3. Extend wrist slowly upward
4. Hold 2-3 seconds, slowly lower
5. 10 repetitions, up to 3 sets, 1X day

WRIST FLEXION



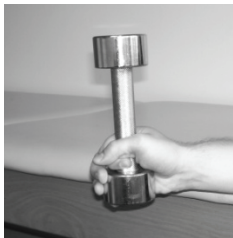
1. Sit or stand with ___ arm supported as shown
2. Hold 1-5 lb weight in hand
3. Curl wrist slowly upward
4. Hold 2-3 seconds, slowly lower
5. 10 repetitions, up to 3 sets, 1X day

RADIAL DEVIATION



1. Stand holding a 1-5 lb hammer bar with weight in ___ hand as shown, making sure thumb is point forward
2. Raise hammer upward as shown
3. Hold 2-3 seconds, slowly lower
4. 10 repetitions, up to 3 sets, 1X day

PRONATION/SUPINATION



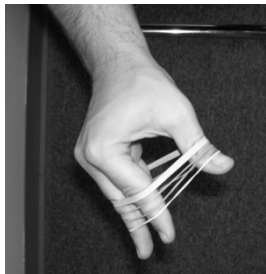
1. Take one weight off a dumbbell to form a hammer bar.
2. Begin the exercise with your elbow held into your side
3. Holding your forearm in your hand, rotate your wrist, allowing the weight to turn in a semi circle
4. 10 repetitions, up to 3 sets, 1X day

TENNIS BALL SQUEEZE



1. Hold tennis ball/stress ball in hand as shown
2. Squeeze ball and hold 15-20 seconds, relax

FINGER BANDS



1. Place a rubber band around your fingers as shown and extend, hold 2-3 seconds
2. Keep elbow bent at side
3. Begin extending elbow as exercise becomes easier
4. Progress to 2-3 rubber bands
5. 10 repetitions, up to 3 sets, 1X day

CRYOTHERAPY

___ MINS ___ X per day

Ice Cup

Ice Bag

CROSS FRICTION MASSAGE

___ Minutes

Staff _____

Phone _____