

HAND - 1 PROM: Finger DIP Joints

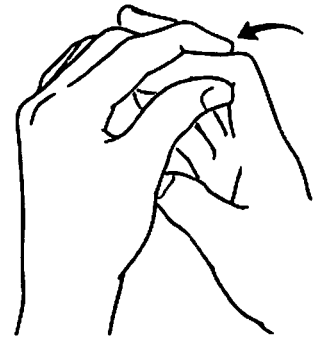
Passively bend \_\_\_\_\_ finger(s) of right hand at third row of knuckles until stretch is felt. Hold \_\_\_\_\_ seconds. Relax. Straighten finger as far as possible.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HAND - 2 PROM: Finger PIP Joints

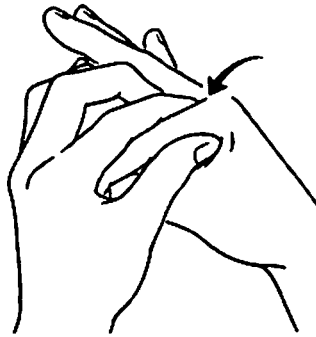
Passively bend \_\_\_\_\_ finger(s) of right hand at middle row of knuckles until stretch is felt. Hold \_\_\_\_\_ seconds. Relax. Straighten finger as far as possible.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HAND - 3 PROM: Finger MP Joints

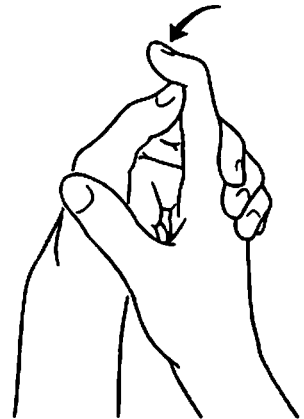
Passively bend \_\_\_\_\_ finger(s) of right hand at first row of knuckles until stretch is felt. Hold \_\_\_\_\_ seconds. Relax. Straighten finger as far as possible.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HAND - 6 AROM: DIP Flexion / Extension

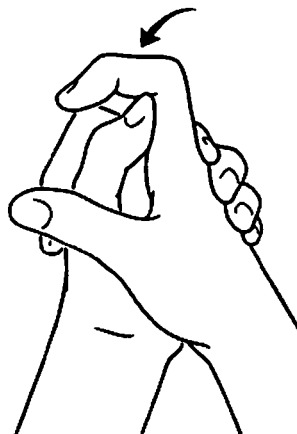
Pinch middle knuckle of \_\_\_\_\_ finger of right hand to prevent bending. Bend end knuckle until stretch is felt. Hold \_\_\_\_\_ seconds. Relax. Straighten finger as far as possible.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HAND - 7 AROM: PIP Flexion / Extension

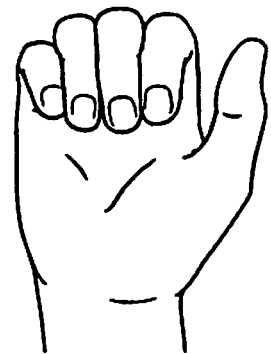
Pinch bottom knuckle of \_\_\_\_\_ finger of right hand to prevent bending. Actively bend middle knuckle until stretch is felt. Hold \_\_\_\_\_ seconds. Relax. Straighten finger as far as possible.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

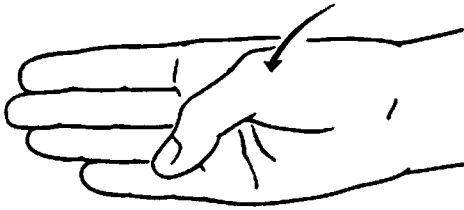
HAND - 8 AROM: Finger Flexion / Extension

Actively bend fingers of right hand. Start with knuckles furthest from palm, and slowly make a fist. Hold \_\_\_\_\_ seconds. Relax. Then straighten fingers as far as possible.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HAND - 9 AROM: Thumb Flexion / Extension

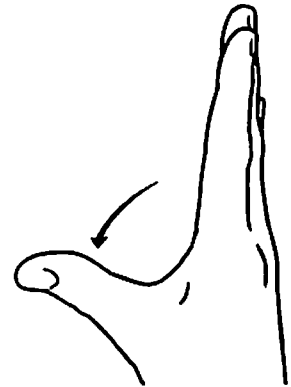


Actively bend right thumb across palm as far as possible. Hold \_\_\_\_ seconds. Relax. Then pull thumb back into hitchhike position.

Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

HAND - 10 AROM: Thumb Abduction / Adduction

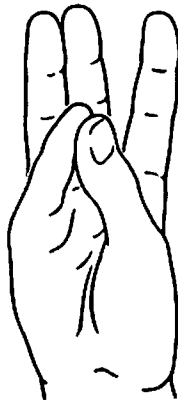
Actively pull right thumb away from palm as far as possible. Hold \_\_\_\_ seconds. Then bring thumb back to touch fingers. Try not to bend fingers toward thumb.



Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

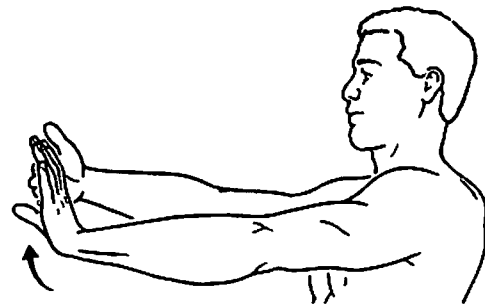
HAND - 11 Finger Opposition

Actively touch right thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion and coordination improve. Be sure to touch each fingertip.



Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

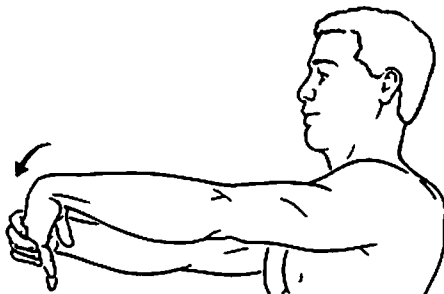
HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist back until stretch is felt. Hold \_\_\_\_ seconds. Relax.

Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

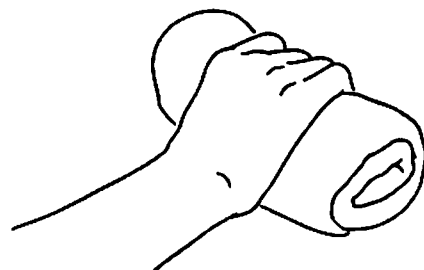
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist forward until stretch is felt. Hold \_\_\_\_ seconds. Relax.

Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

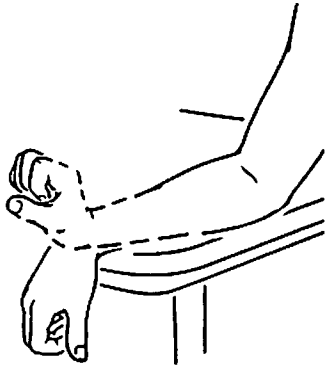
HAND - 47 Towel Roll Squeeze



With right forearm resting on surface, gently squeeze towel.

Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

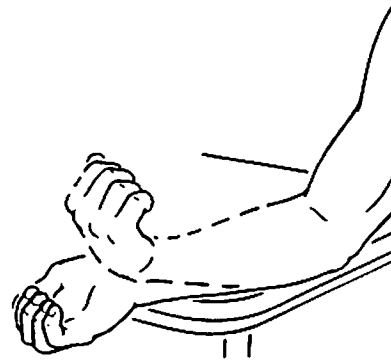
HAND - 60 AROM: Wrist Extension



With right palm down, bend wrist up.

Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

HAND - 59 AROM: Wrist Flexion



With right palm up, bend wrist up.

Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

HAND - 41  
AROM: Wrist Radial / Ulnar Deviation

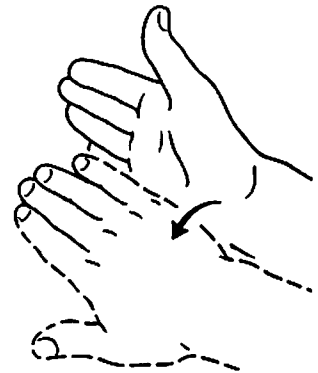


Gently bend right wrist from side to side as far as possible.

Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

HAND - 18 AROM: Forearm Pronation / Supination

With right arm in handshake position, slowly rotate palm down until stretch is felt. Relax. Then rotate palm up until stretch is felt.



Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.