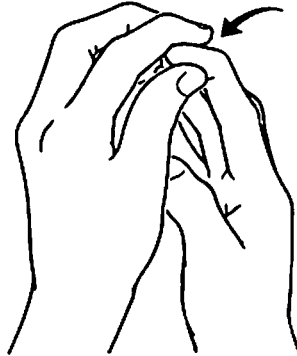


HAND - 1 PROM: Finger DIP Joints

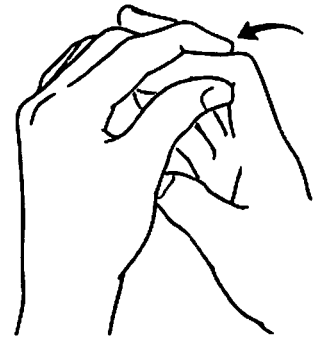
Passively bend _____ finger(s) of right hand at third row of knuckles until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 2 PROM: Finger PIP Joints

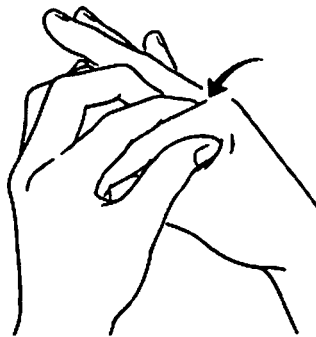
Passively bend _____ finger(s) of right hand at middle row of knuckles until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 3 PROM: Finger MP Joints

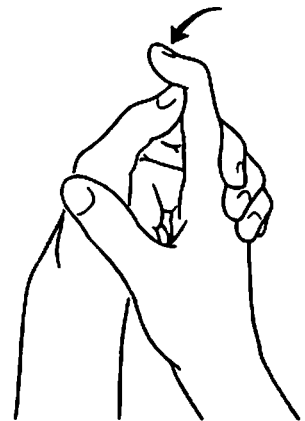
Passively bend _____ finger(s) of right hand at first row of knuckles until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 6 AROM: DIP Flexion / Extension

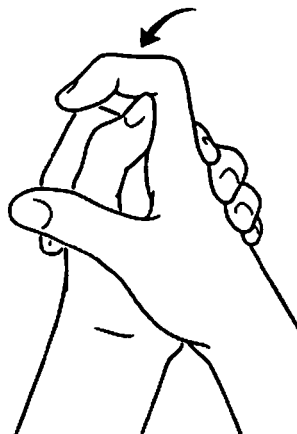
Pinch middle knuckle of _____ finger of right hand to prevent bending. Bend end knuckle until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 7 AROM: PIP Flexion / Extension

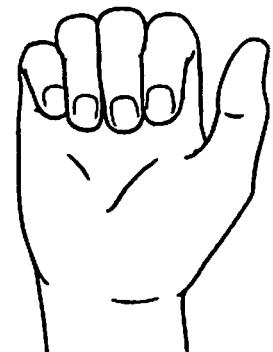
Pinch bottom knuckle of _____ finger of right hand to prevent bending. Actively bend middle knuckle until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

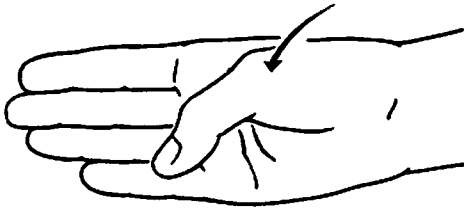
HAND - 8 AROM: Finger Flexion / Extension

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

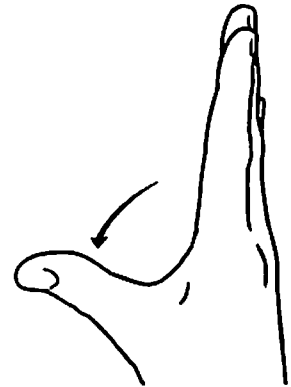


Actively bend right thumb across palm as far as possible. Hold ____ seconds. Relax. Then pull thumb back into hitchhike position.

Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

HAND - 10 AROM: Thumb Abduction / Adduction

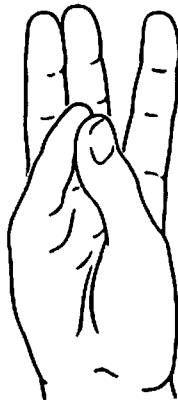
Actively pull right thumb away from palm as far as possible. Hold ____ seconds. Then bring thumb back to touch fingers. Try not to bend fingers toward thumb.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

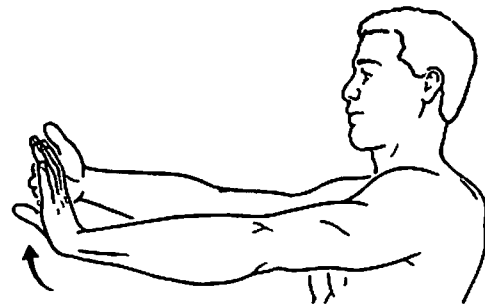
HAND - 11 Finger Opposition

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.

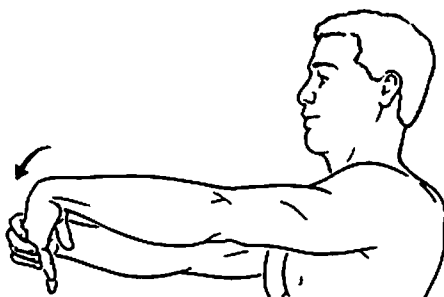
HAND - 13 Wrist Flexor Stretch



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.

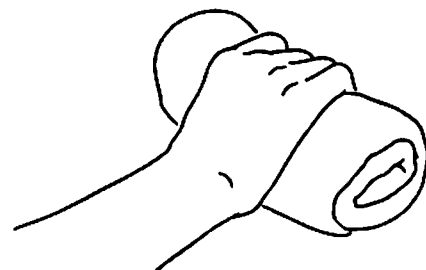
HAND - 14 Wrist Extensor Stretch



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.

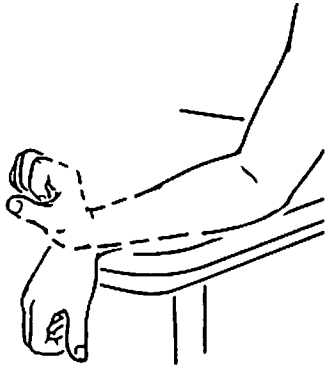
HAND - 47 Towel Roll Squeeze



With right forearm resting on surface, gently squeeze towel.

Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

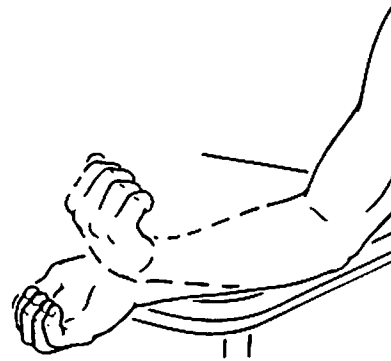
HAND - 60 AROM: Wrist Extension



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

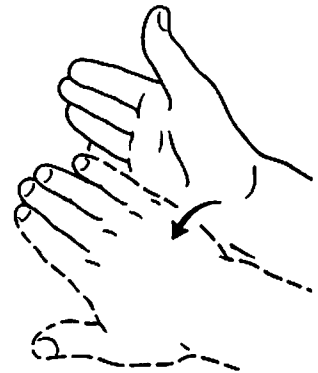


Gently bend right wrist from side to side as far as possible.

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.