

Prayer Stretch

Stand with palms together and elbows out. Slowly lower wrists until a stretch is felt. Hold for 5 seconds and slowly return to starting position. Repeat 2 sets of 10, 5-7 days per week.



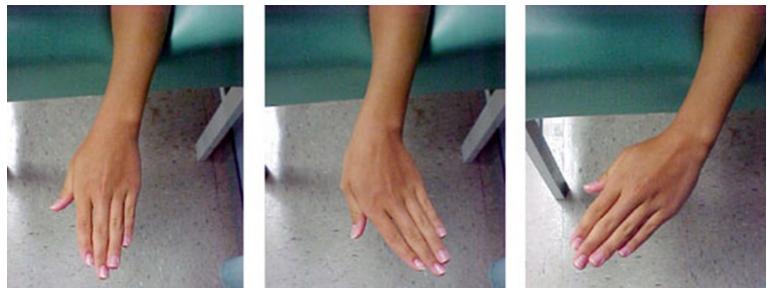
Wrist Flexion/Extension

With forearm resting on table and hand hanging off table, bend wrist down until a stretch is felt. Hold for 5 seconds and slowly return to starting position. Bend wrist up until a stretch is felt. Hold for 5 seconds and slowly return to starting position. Repeat 2 sets of 10, 5-7 days per week.



Wrist Deviations

With forearm resting on table and hand hanging off table, slowly turn hand to side. Hold for 5 seconds and slowly return to starting position. Turn hand to other side. Hold for 5 seconds and slowly return to starting position. Repeat 2 sets of 10, 5-7 days per week.





Finger Flexion/Extension

Extend fingers open as far as possible. Hold for 5 seconds.
Make a fist as tight as possible. Hold for 5 seconds. Repeat 2 sets of 10 each, 5-7 days per week.



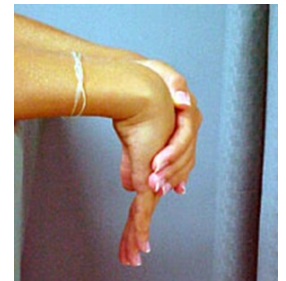
Wrist Flexor Stretch

With forearm resting on table and hand hanging off table, slowly grab injured hand and slowly bend wrist up until a stretch is felt. Hold for 5 seconds and slowly return to starting position. Repeat 2 sets of 10 each, 5-7 days per week.



Wrist Extensor Stretch

With forearm resting on table and hand hanging off table, slowly grab the operative hand/wrist and slowly bend the wrist down until a stretch is felt. Hold for 5 seconds and slowly return to the starting position. Repeat 2 sets of 10 each, 5-7 days per week.



Wrist Extensor Stretch

With resting arm next to body, elbow at your side, extend your forearm forward. Take turns rotating your hand with the palm facing to the ceiling (supination), and the floor (pronation). Hold each position until a stretch is felt. Hold for 5 seconds and return to the starting position. . Repeat 2 sets of 10 each, 5-7 days per week.

