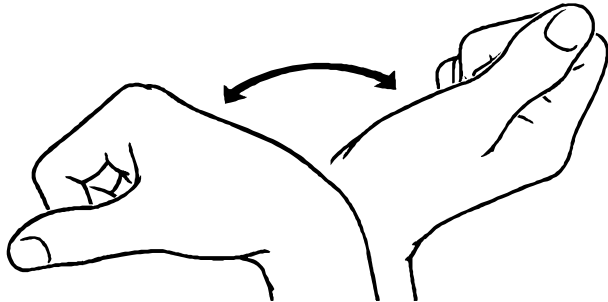




HAND - 17 AROM: Wrist Flexion / Extension



Actively bend involved wrist forward then back as far as possible.

Repeat 10 times per set. Do 3 sets per session.
Do 5 sessions per day.

HAND - 39 AROM: Elbow Flexion / Extension

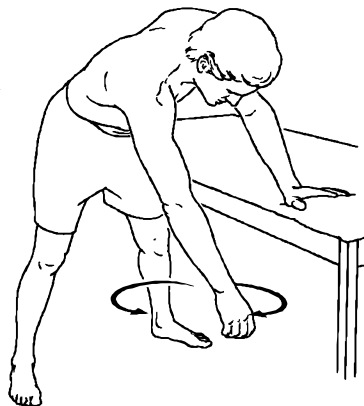
With involved hand palm up, gently bend elbow as far as possible. Then straighten arm as far as possible.



Repeat 10 times per set.
Do 3 sets per session.
Do 5 sessions per day.

SHOULDER - 26 ROM: Pendulum (Circular)

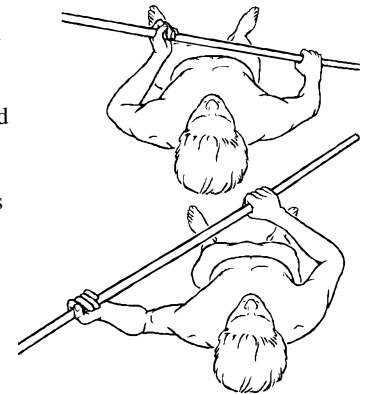
Let involved arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 10 times each direction per set.
Do 3 sets per session.
Do 5 sessions per day.

SHOULDER - 3 ROM: External / Internal Rotation – Wand

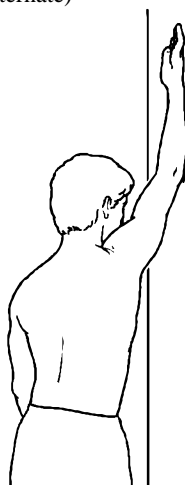
Holding wand with involved hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, hold 10 seconds. Repeat to other side, leading with same hand. Keep elbows bent.



Repeat 10 times per set.
Do 3 sets per session.
Do 5 sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

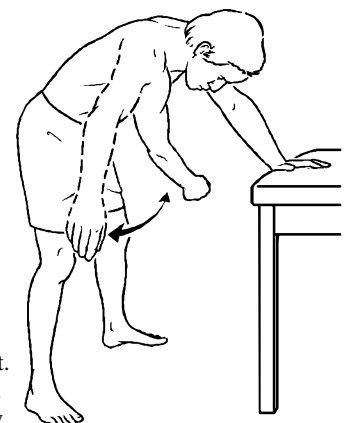
Slide involved arm up wall, with palm out, by leaning toward wall. Hold 10 seconds.



Repeat 10 times per set.
Do 3 sets per session.
Do 5 sessions per day.

SHOULDER - 28 ROM: Cross (Horizontal Abduction / Adduction)

Reach involved arm across body as far as possible, then pull arm out from side.



Repeat 10 times per set.
Do 3 sets per session.
Do 5 sessions per day.