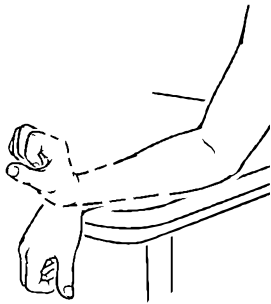




Routine For:
Created By: LEAH PELTIER, LAT

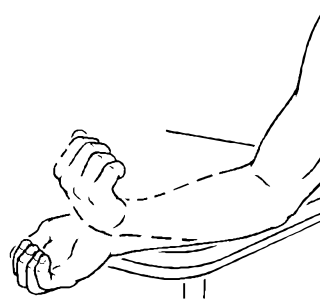
12-30-2008
PHASE I: WRIST STRETCHING

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



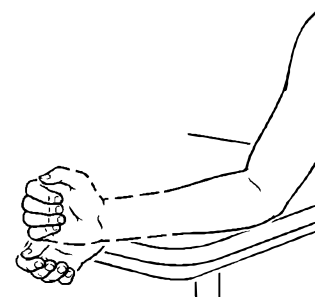
With right palm up, bend wrist up.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 41 AROM: Wrist Radial / Ulnar Deviation



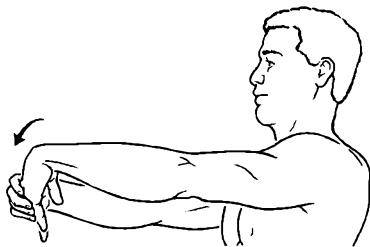
Gently bend left wrist from side to side as far as possible.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 61 AROM: Wrist Radial Deviation



With right thumb up, bend wrist up.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

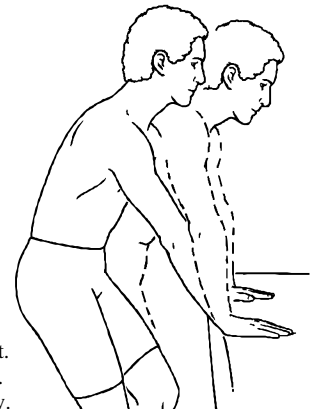
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp left 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 - 15 Wrist Flexor Stretch

With palms resting comfortably on table, slowly move body over hands until gentle stretch is felt in forearms. Hold _____ seconds. Relax.



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