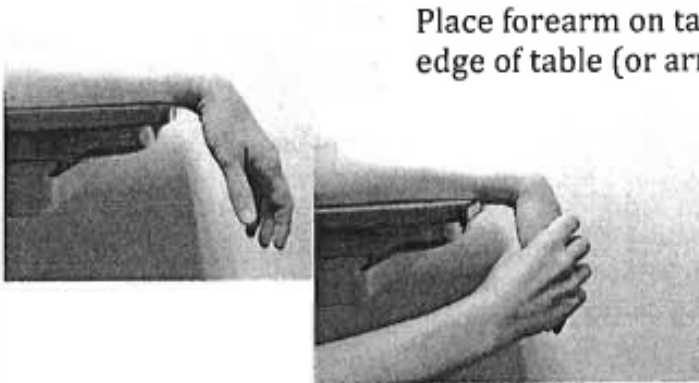


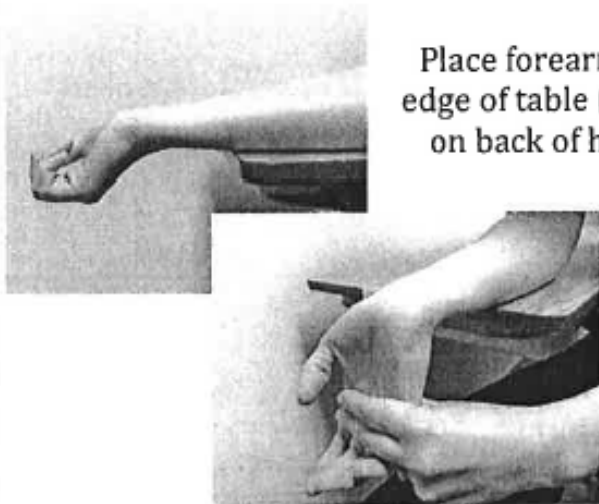
Passive Wrist Flexion



Place forearm on table (or armrest) with wrist relaxed over edge of table (or armrest). Hand palm down. Place opposite hand on back of hand; push down gently until you feel a stretch. STOP if there is pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.

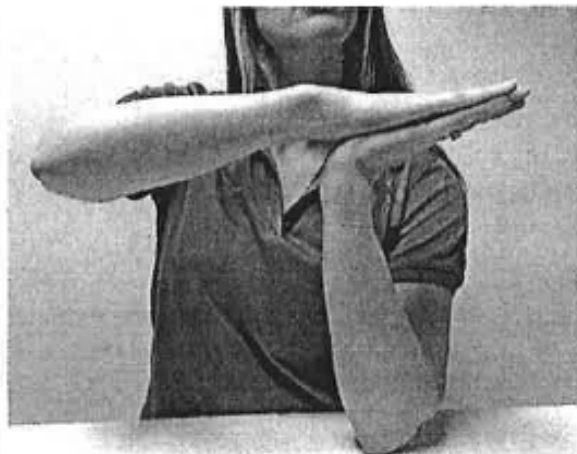
Passive Wrist Extension



Place forearm on table (or armrest) with wrist relaxed over edge of table (or armrest). Hand palm up. Place opposite hand on back of hand; push down gently until you feel a stretch. STOP if there is pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.

Passive Wrist Extension "Modified Prayer"



Rest affected arm's elbow on table. Place hands palm-to-palm. While keeping palms together have unaffected hand apply gentle pressure to palm of affected hand. Push back gently until you feel a stretch. STOP if you feel any shooting pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.