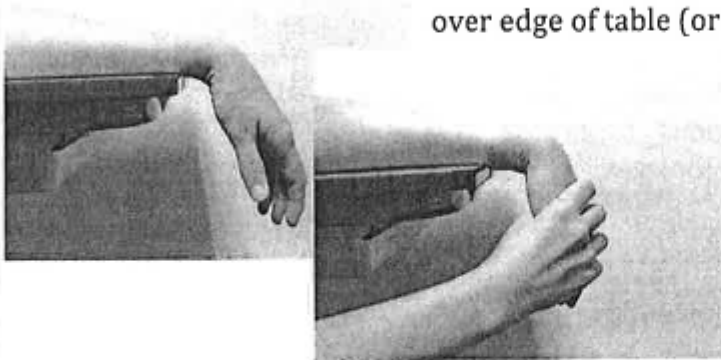


Passive Wrist Flexion and Extension

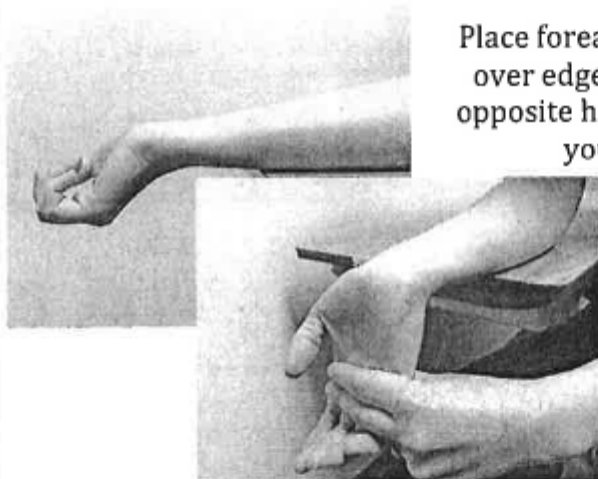
Passive Wrist Flexion



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 stretch including fingers

Straighten elbow. Palm and elbow crease should face "up" towards the ceiling. Apply gentle pressure at fingers to encourage finger and wrist stretch. Stop if you feel any shooting pain.

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

