HAND - 13 Wrist Flexor Stretch

Keeping elbow straight, grasp hand and slowly bend wrist back until stretch is felt. Hold ___ seconds. Relax.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

HAND - 14 Wrist Extensor Stretch

Keeping elbow straight, grasp 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 - 47 Towel Roll Squeeze

With forearm resting on surface, gently squeeze towel holding for 5 seconds.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

HAND - 49 Finger Extension / Thumb Abduction: Resisted

With rubber band around thumb and all fingers, hand slightly cupped, gently spread thumb and fingers apart.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

HAND - 48 Forearm Pronation / Supination: Resisted (Sitting)

With forearm supported, grasp object and gently rotate palm up, then down, as far as possible without pain.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

HAND - 63 Wrist Flexion: Resisted

With palm up, ___ pound weight in hand, bend wrist up. Return slowly.
Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.