

**YOUR DVD CODE: 769 - 703 - 235 - 281 - 886 - 128****1: 769 - Resisted Elbow Flexion: Palm Up**

- Stand with arms by side and palm facing up toward ceiling
- Hold weight in hand
- Flex elbow against weight

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s

**2: 703 - Resisted Elbow Extension**

- Lie on back with one elbow supported by opposite arm
- Hold weight in hand
- Extend elbow against resistance

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s

**3: 235 - Resisted Wrist Flexion with Weight**

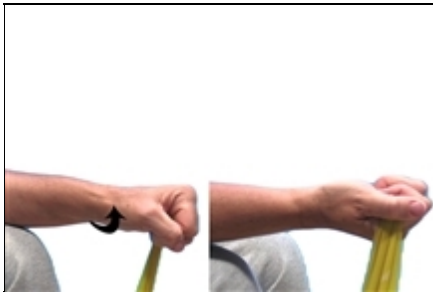
- Sit with one arm supported and palm facing up
- Hold weight in hand
- Flex wrist up toward ceiling

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s

**4: 281 - Resisted Wrist Extension with Weight**

- Sit with one arm supported and palm facing downward
- Hold weight in hand
- Extend wrist up toward ceiling

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s

**5: 886 - Resisted Pronation with Band**

- Sit in chair with band anchored around one foot
- Grasp band with hand on same side with palm facing upward
- Slowly rotate palm downward while using opposite hand to keep forearm on leg

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s

**6: 128 - Resisted Supination with Band**

- Sit in chair with band anchored around one foot
- Grasp band with hand on same side with thumb facing upward
- Slowly rotate palm upward while using opposite hand to keep forearm on leg

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s