

YOUR DVD CODE: 924 - 281 - 706 - 772 - 703

1: 924 - Active Finger Flexion/ Towel Squeeze



- Take towel roll in one hand and rest arm on table
- Gently squeeze towel roll

Sets: 2 Reps: 10 Sessions: 2 everyday Hold Time: 2s

2: 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 Hold Time: 2s

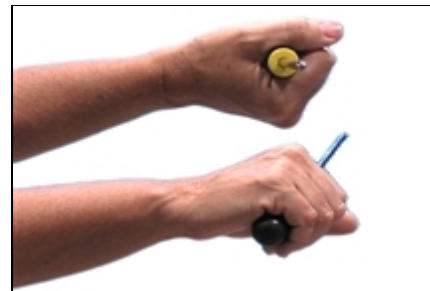
3: 706 - Resisted Radial Deviation with Band



- Sit in chair with band anchored around one foot
- Grasp band with hand on same side with thumb facing upward
- Slowly move the hand upward toward the wrist while keeping the forearm on the leg

Sets: 2 Reps: 10 Sessions: 2 everyday Hold Time: 2s

4: 772 - Resisted Pronation/ Supination



- Hold a screwdriver or hammer in one hand
- Rotate palm up toward ceiling and down toward ground

Sets: 1 Reps: 1minute Sessions: 2 everyday

5: 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 Hold Time: 2s