



Arm ergometer

Sit with good posture and use arms to cycle around

Duration 10 Minutes

Complete 1 Set

Perform 2 Time(s) a Day



WRIST CURLS - THIGH

Rest your forearm on your thigh and bend your wrist up and down with your palm face up as shown.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Time(s) a Day



WRIST EXTENSION CURLS - THIGH

Rest your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Time(s) a Day



FREE WEIGHT ULNAR DEVIATION

Start by holding the end of a small free weight with your arm by the side of your body. The free weight should be pointed behind you as shown.

Next, bend your wrist so that the end of the weight raises upward. Return to the starting position and repeat.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



FREE WEIGHT RADIAL DEVIATION

Start by holding the end of a small free weight with your hand by the side of your body. The free weight should be pointed forward as shown.

Next, bend your wrist so that the end of the weight raises upward. Return to the starting position and repeat.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



5 POSITION HAND

Perform in this order:

1. Open Palm: Start with your hand in the open palm position with fingers straight at all knuckles.

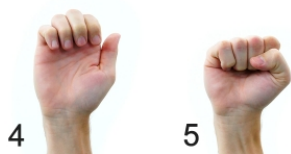
2. Lumbrical Hand: Make an "L" with your fingers as shown so that your fingers 2-5 are bent at the closest large knuckle joints (closest to the palm).

3. Flat Fist: Make a fist but with your last knuckles (small joints) straight as shown.

4. Claw Hand: Bend your fingers at the distal joints and the closest (large knuckle) joint remaining straight as shown.

5. Fist: Make a closed fist as shown so that all joints are flexed.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day

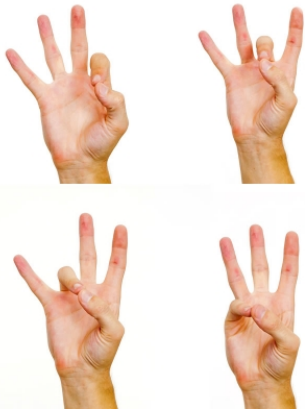




TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



FINGER OPPOSITION COMBO

Start with an open palm and fingers extended.

Next, touch the tips of the first and second fingers. Then return to open palm.

Next, touch the tips of the first and third fingers, etc until all fingers have performed as shown.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day