

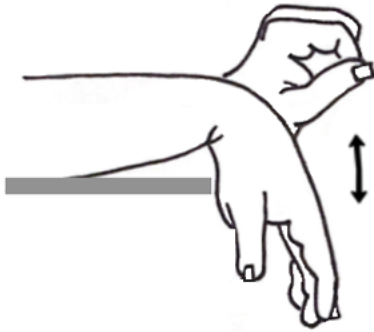


Wrist AROM Home Exercise Program

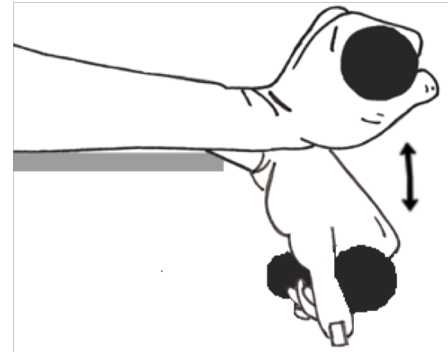
Hold each stretch for _____ seconds

Repeat _____ times

Do _____ times per day



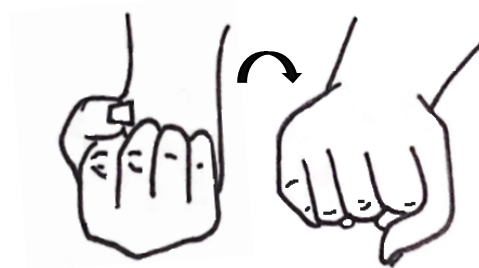
- Let your hand hang over the edge of a table or on a rolled-up towel.
- Move your hand up and down, bending at the wrist, keeping fingers relaxed.



- Let your hand hang over the edge of a table or on a rolled-up towel.
- Loosely grasp a light dowel.
- Move your hand up and down, bending at the wrist.



- Lay hand flat on the table.
- Move hand towards small finger and then towards thumb, bending at the wrist.



- Keep elbow tucked by side, bent at a 90-degree angle.
- Rotate palm up and down.