



Family Care Plus Physical Therapy & Wellness
G-2037 S Center Rd, Ste A
Burton, Michigan 48519

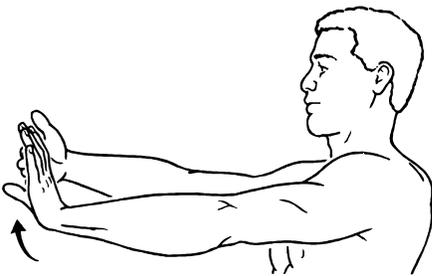
Hours: Monday through Friday, 8:00 AM till 6:00 PM
Phone: (810)743-7950

Visit us online at www.familycarepluspt.com and check exercise videos!

Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

****Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

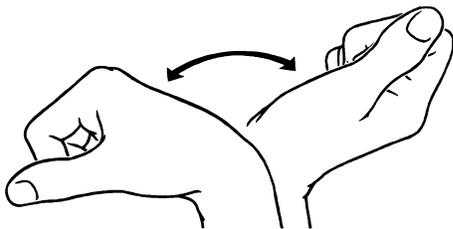
HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist back until stretch is felt. Hold 5-10 seconds. Relax.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

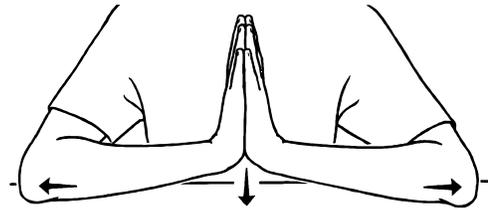
HAND - 17 AROM: Wrist Flexion / Extension



Actively bend right wrist forward then back as far as possible.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

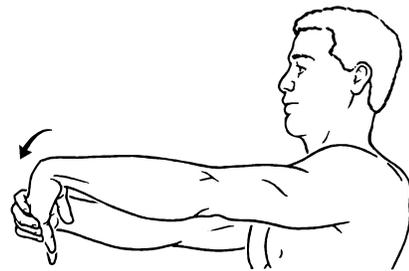
HAND - 16 Wrist Flexor Stretch



Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 2-5 seconds. Relax.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist forward until stretch is felt. Hold 5-10 seconds. Relax.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

HAND - 41 AROM: Wrist Radial / Ulnar Deviation



Gently bend right wrist from side to side as far as possible.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.