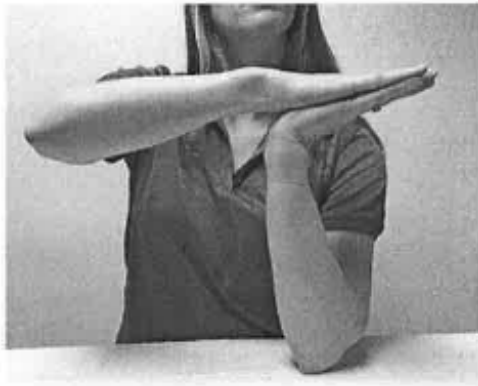


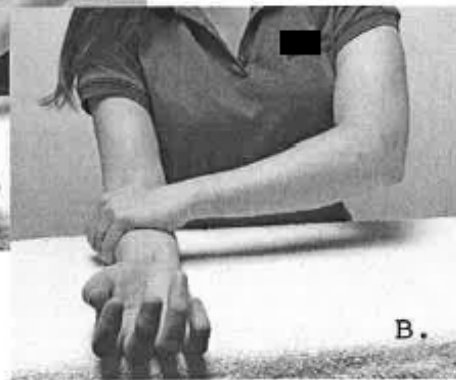
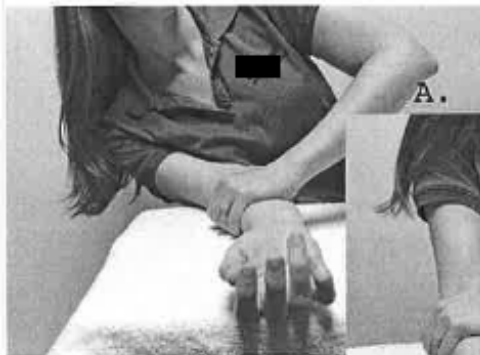
Passive Wrist Extension "Modified Prayer"



Rest affected arm's elbow on table. Hand palm up. Place hands palm-to-palm. While keeping palms together have unaffected hand apply gentle pressure to palm of affected hand. Push back gently until you feel a stretch. STOP if you feel any sharp pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.

Forearm Supination with body lean

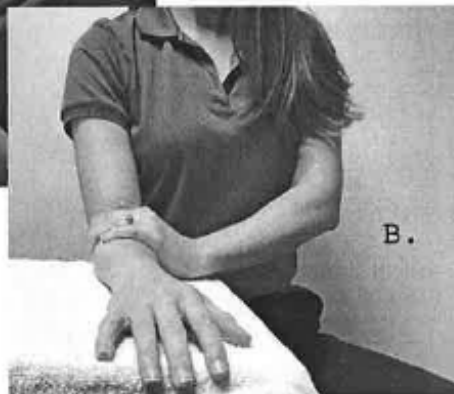


A. Have forearm resting on table top with palm facing up. Lean body towards thumb side. Place opposite hand on forearm being stretched and hold in place.

B. Bring trunk to neutral sitting position as forearm is held in original position.

B. Hold stretch for ___ seconds.
Repeat ___ times per day.

Forearm Pronation with body lean



A. Have forearm resting on table top with palm facing down. Lean body towards thumb side. Place opposite hand on forearm being stretched and hold in place.

B. Bring trunk to neutral sitting position as forearm is held in original position.

Hold stretch for ___ seconds.
Repeat ___ times per day.