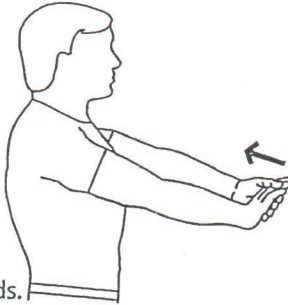


Elbow/Wrist Strengthening Program

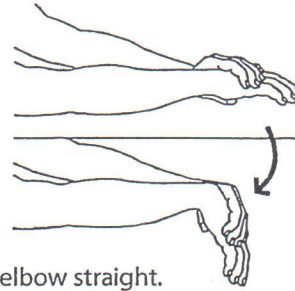
Stretch Wrist Flexors Straight Arm Pron

- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.
- Perform 1 sets of 10 repetitions, twice a day
- Hold exercise for 10 seconds.

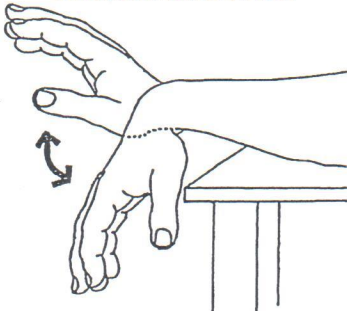


Stretch Wrist Extensors Straight Arm

- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



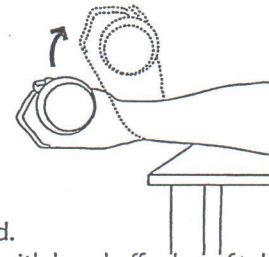
AAROM Wrist Flex



- Place forearm on table, hand off edge, palm down as shown.
- Move hand upward.
- Return to starting position.
- Perform 5 sets of 10 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Resist Wrist Flex with Weight

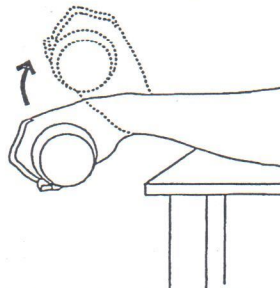
Special Instructions
Use and increase weight as tolerable.



- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm up as shown.
- Slowly move wrist upward.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Resist Wrist Extension with Weight

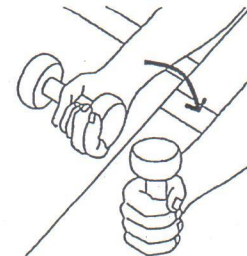
Special Instructions
Use and increase weight as tolerable.



- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Slowly move wrist upward.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Resist Wrist Pron with Weight

Special Instructions
Use and increase weight as tolerable.



- Support forearm on table or armchair
- Position hand palm up with weight in hand as shown.
- Slowly rotate hand to thumb up.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Signature _____

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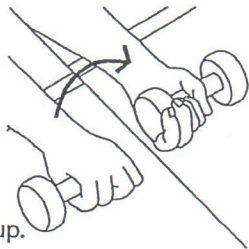
Elbow/Wrist Strengthening Program

Resist Wrist Support with Weight

Special Instructions

Use and increase weight as tolerable.

- Support forearm on table or armchair.
- Position hand palm down holding weight as shown.
- Slowly rotate hand to thumb up.
- Return to start position
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

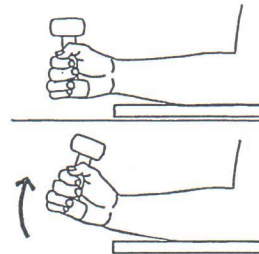


Resist Wrist Radial Dev with Weight

Special Instructions

Use and increase weight as tolerable.

- Support forearm on table or knee as shown.
- Hold weight in hand, thumb up.
- Slowly lift weight forward.
- Return to start position and repeat.
- Perform 3 set of 20 repetitions, once every other day.
- Rest 1 minute between sets
- Perform 1 repetition every 4 seconds.



Resist Wrist Ulnar Dev with Weight

- Hold weight in hand, arm at side.
- Bend wrist backward as shown.
- Return to start position and repeat
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

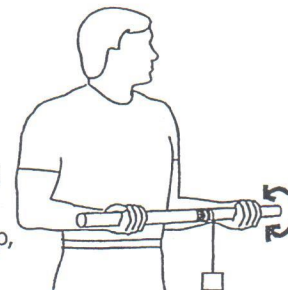


Resist Wrist Flex with Dowel

Special Instructions

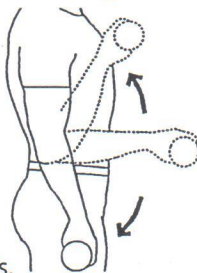
Use and increase weight as tolerable.

- Attach weight to rope and secure with dowel.
- Using both hands, palm up, wind up the rope, then unwind it.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Elbow Brachialis Lift with Weight

- Sit or stand, hold weight in hand, palm down.
- Lift weight, bending elbow.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

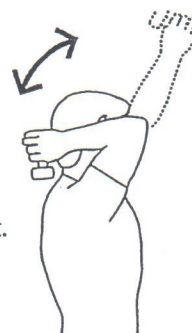


Resist Elbow Extension Overhead Stand with Weight

Special Instructions

DO NOT HOLD BREATH!

- Support weight in hand.
- Position arm overhead, elbow bent, as shown.
- Straighten arm.
- Return to start position and repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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