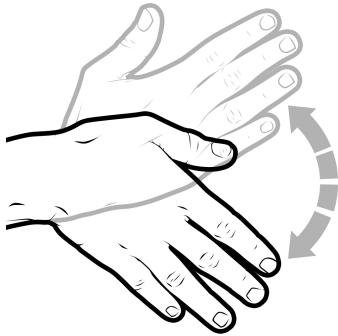


GET MOVING-HAND AND WRIST EXS

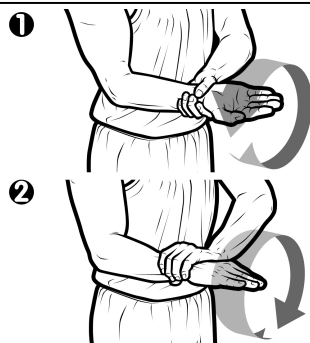


RADIAL & ULNAR DEVIATION

Keeping your hand and forearm in-line, flex your wrist as far as you can towards your thumb and then towards your little finger. hold for 3-5 seconds in each position

SETS & REPS: 6-12 times

FREQUENCY: 1-2 daily



PRONATION / SUPINATION STRETCH

With your elbow bent to 90° against your side (or resting on a table), turn your palm to face up (1) then to face down (2). Add overpressure with your opposite hand for an extra stretch if required.

SETS & REPS: 6-12 times

FREQUENCY: 1-2 daily

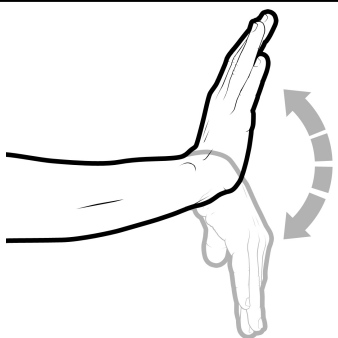


PRAYER STRETCH

Place your hands together in the prayer position. Slowly lower your hands, while keeping your hands firmly pressed together, until you feel a stretch. 5-10 second hold.

SETS & REPS: 3-5 times

FREQUENCY: 1-2 daily

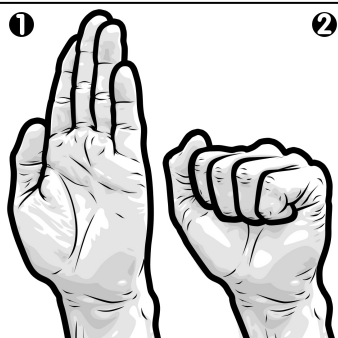


WRIST FLEXION & EXTENSION

Bend your wrist down and up as far as you can. Hold in the end position for 3-5 seconds

SETS & REPS: 6-12 times

FREQUENCY: 1-2 daily



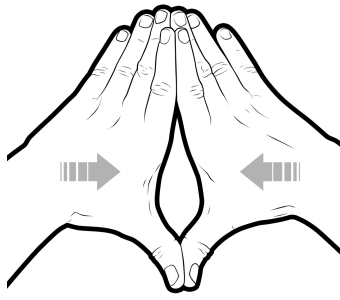
FULL FIST

Starting with your hand straight (1), bend all of your fingers to form a full fist (2). Hold this position for a few seconds then return to the start position (1) and repeat.

SETS & REPS: 6-12 times

FREQUENCY: 2-3 daily

GET MOVING-HAND AND WRIST EXS

**BILATERAL THUMB ADDUCTOR STRETCH**

Press the thumb and index fingers of each hand together, spreading them apart. Hold for 10 seconds. (For a better stretch, perform with your hands submerged in a basin of warm water).

SETS & REPS: 3-5 times

FREQUENCY: 1-2 a day