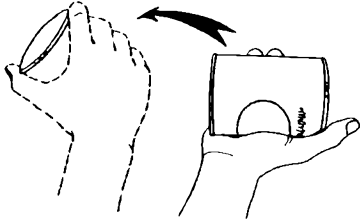


HAND - 37  
Active Resisted Forearm Supination/Pronation



With a 1-2 lb object in hand, slowly turn palm up, then down.  
Repeat 7 times. Do 1 sessions per day.

HAND - 13  
Wrist Flexor Stretch

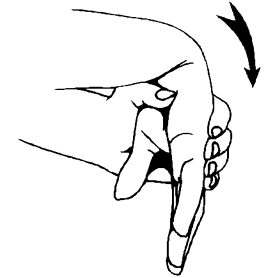
Keeping elbow straight, grasp involved hand and slowly bend wrist backward until a stretch is felt. Hold 7 seconds. Relax.



Repeat 2 times.  
Do 1 sessions per day.

HAND - 14  
Wrist Extensor Stretch

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt. Hold 7 seconds. Relax.



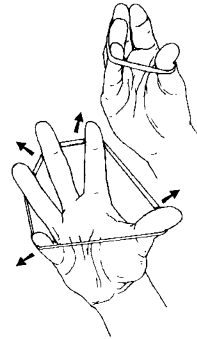
Repeat 2 times.  
Do 1 sessions per day.

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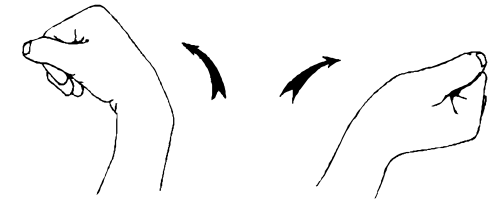
HAND - 49  
Finger Extension with Thumb Abduction with Rubber Band

With rubber band around thumb and all fingers, and hand held slightly cupped, gently spread thumb and finger(s) apart.



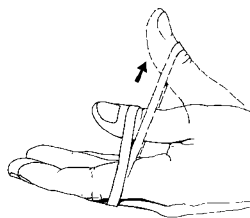
Repeat 7 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.

HAND - 17  
AROM: Wrist Flexion/Extension



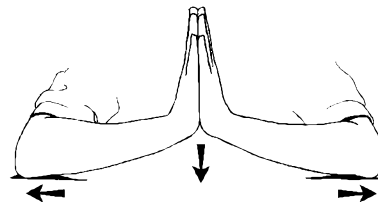
Actively bend wrist forward then backward as far as possible.  
Repeat 7 times. Do 1 sessions per day.

HAND - 52  
Thumb Abduction with Rubber Band



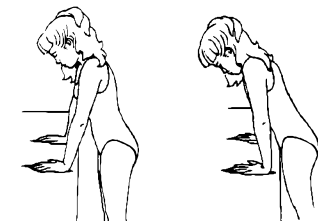
From palm-up position, with rubber band around fingers and thumb, pull thumb upward away from palm. Return.  
Repeat 7 times per set. Do 2 sets per session.  
Do 1 sessions per day.

HAND - 16  
Wrist Extension Stretch



Sitting with elbows on table and palms together, slowly lower wrists to table until a stretch is felt. Be sure to keep palms together throughout the stretch. Hold 7 seconds. Relax.  
Repeat 2 times. Do 1 sessions per day.

HAND - 15  
Wrist Flexor Stretch



With palms resting comfortably on table, slowly move body over hands until a gentle stretch is felt in forearms.  
Hold 7 seconds. Relax. Repeat 2 times.  
Do 1 sessions per day.