Personal Exercise Program

## Tools RG

Know how to show how

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1. Hold right/ left wrist as shown
2. Bend the wrist until you feel a stretch
3. Hold 5-7 seconds
4. 10 repetitions, 2-3 times per day
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5. Hold your hands together as shown
6. Bend the wrist until you feel a stretch
7. Hold 5-7 seconds
8. 10 repetitions, $2-3$ times per day
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9. Turn palm of right/left hand upward as shown
10. Use the other hand on wrist to help so that you feel a stretch
11. Hold 5-7 seconds
12. 10 repetitions, 2-3 times per day
13. Turn palm of right/left hand downward as shown
14. Use other hand on wrist to help so that you feel a stretch

15. Hold 5-7 seconds
16. 10 repetitions, 2-3 times per day
17. Sit or stand with right/left arm supported as shown
18. Start with no weight, gradually increase 1-2 lb./week as tolerated

19. Curl wrist slowly upward
20. Slowly lower
21. 10 repetitions, for 3 sets, 2 times per day. Every other day
22. Sit or stand with right/ left arm supported as shown

23. Start with no weight, gradually increase 1-2 lbs/week as tolerated
24. Curl wrist slowly upward
25. Slowly lower
26. 10 repetitions, for 3 sets, 2 times per day. Every other day
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27. Support right/left forearm on table
28. Hold stick with weight or hammer in hand as shown
29. Let the weight help turn your forearm and the palm of your hand upward
30. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day.
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31. Support right/left forearm on table
32. Hold stick with weight or hammer in hand as shown
33. Let the weight help turn your forearm and the palm of your hand downward
34. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day
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35. Stand holding a $8 \mathrm{oz} / \mathrm{lb}$ hammer or stick with weight in right/left hand as shown, making sure thumb is pointing forward
36. Raise hammer upward as shown
37. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day

38. Stand holding a $8 \mathrm{oz} / \mathrm{lb}$ hammer or stick with weight in right/left hand as shown, making sure thumb is pointing forward
39. Raise hammer upward behind you as shown
40. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day.
41. Hold a soft squeeze/stress ball as shown with your right/left hand
42. Squeeze as firmly as you can
43. Hold 5-10 seconds
44. Repeat 10 repetitions, 3-5 times per day
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