

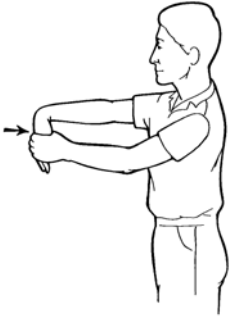


Tools RG
Know how to show how

Personal Exercise Program

Provided by : Susan Kelvasa

Date : 2/1/2011



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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1. Hold your hands together 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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1. Turn palm of right/left hand upward as shown
2. Use the other hand on wrist to help so that you feel a stretch
3. Hold 5-7 seconds
4. 10 repetitions, 2-3 times per day

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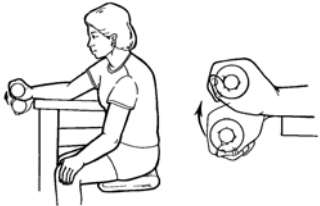
1. Turn palm of right/left hand downward as shown
2. Use other hand on wrist to help so that you feel a stretch
3. Hold 5-7 seconds
4. 10 repetitions, 2-3 times per day

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1. Sit or stand with right/left arm supported as shown
2. Start with no weight, gradually increase 1-2 lb./week as tolerated
3. Curl wrist slowly upward
4. Slowly lower
5. 10 repetitions, for 3 sets, 2 times per day. Every other day

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1. Sit or stand with right/ left arm supported as shown
2. Start with no weight, gradually increase 1-2 lbs/week as tolerated
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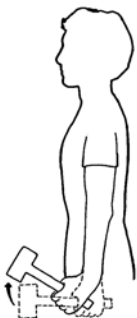
1. Support right/left forearm on table
2. Hold stick with weight or hammer in hand as shown
3. Let the weight help turn your forearm and the palm of your hand upward
4. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day.

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1. Support right/left forearm on table
2. Hold stick with weight or hammer in hand as shown
3. Let the weight help turn your forearm and the palm of your hand downward
4. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day

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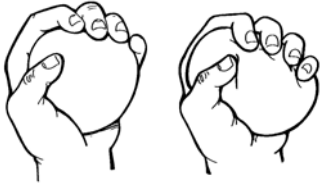
1. Stand holding a 8 oz/lb hammer or stick with weight in right/left hand as shown, making sure thumb is pointing forward
2. Raise hammer upward as shown
3. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day

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1. Stand holding a 8 oz/lb hammer or stick with weight in right/left hand as shown, making sure thumb is pointing forward
2. Raise hammer upward behind you as shown
3. Repeat 10 repetitions, for 3 sets, 2 times per day. Every other day.

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1. Hold a soft squeeze/stress ball as shown with your right/left hand
2. Squeeze as firmly as you can
3. Hold 5-10 seconds
4. Repeat 10 repetitions, 3-5 times per day

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