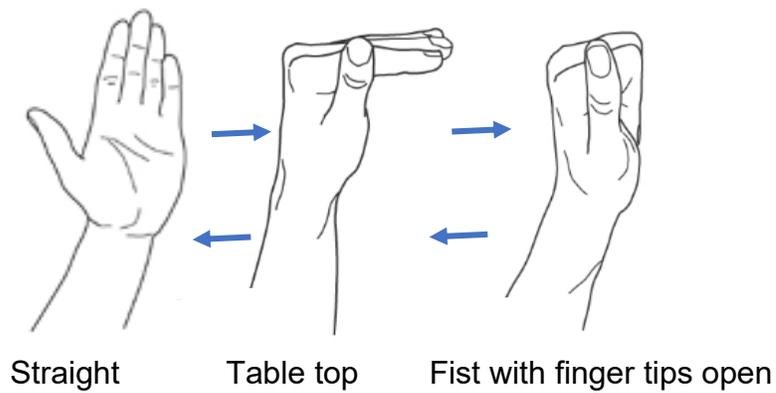
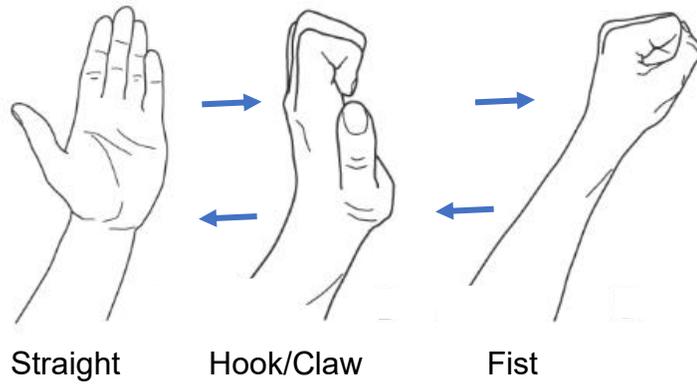


Hand and Wrist Motion Exercises

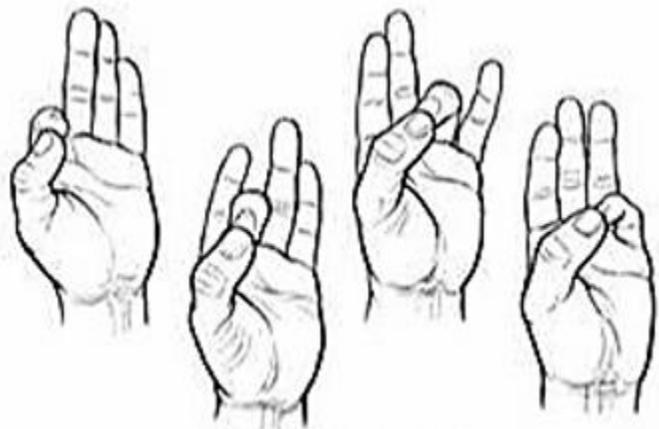
Tendon Gliding: 10-15 repetitions, 5x/day, slowly



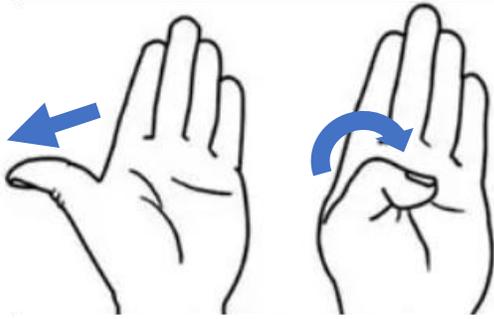
Spread and Close Fingers



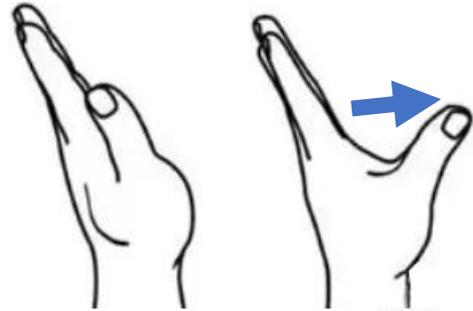
Make "O" with thumb and fingers



Thumb Extension/Flexion

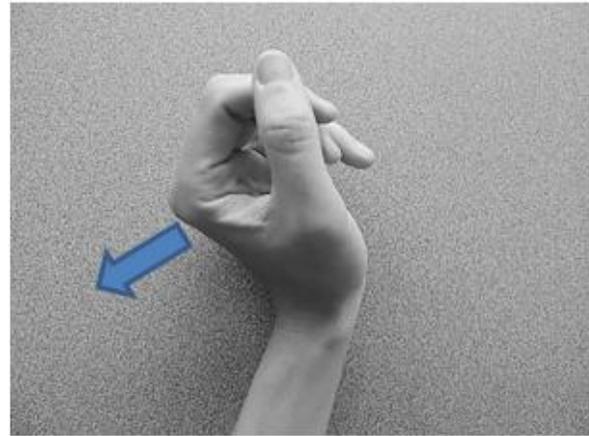
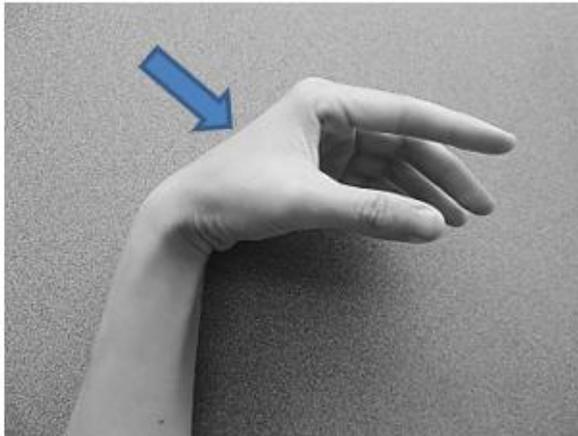


Thumb open and close



Wrist Flexion and Extension

- Place your elbow at your side with thumb up position
- Relax fingers: finger are open when bending wrist toward you, finger are curved when bending wrist backward.



Wrist Ulnar and Radial Deviation

- Place hand on the table, move wrist toward little finger then toward thumb side to side.

