

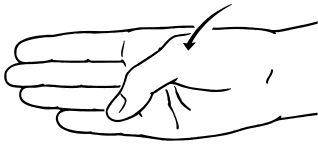
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Routine For: Code Monkey Health Guide

Created By: Rebecca McGrane Rebecca@AHD247.com

Code Monkey Health - Hands, Elbows & Wrists Basics

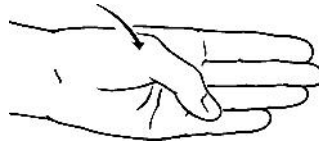
HAND - 9 AROM: Thumb Flexion / Extension



Actively bend **right** thumb across palm as far as possible. Hold ____ seconds. Relax. Then pull thumb back into hitchhike position.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HAND - 9 AROM: Thumb Flexion / Extension



Actively bend **left** thumb across palm as far as possible. Hold ____ seconds. Relax. Then pull thumb back into hitchhike position.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HAND - 11 Finger Opposition

Actively touch **right** thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion and coordination improve. Be sure to touch each fingertip.



Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HAND - 11 Finger Opposition

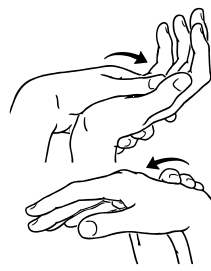
Actively touch **left** thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion and coordination improve. Be sure to touch each fingertip.



Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HAND - 12 PROM: Wrist Flexion / Extension

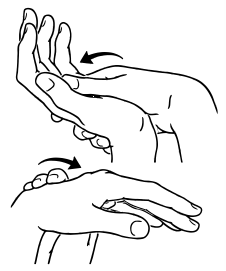
Grasp **right** hand and slowly bend wrist until stretch is felt. Relax. Then stretch as far as possible in opposite direction. Be sure to keep elbow bent.



Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

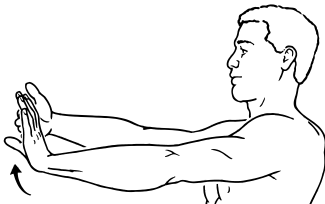
HAND - 12 PROM: Wrist Flexion / Extension

Grasp **left** hand and slowly bend wrist until stretch is felt. Relax. Then stretch as far as possible in opposite direction. Be sure to keep elbow bent.



Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

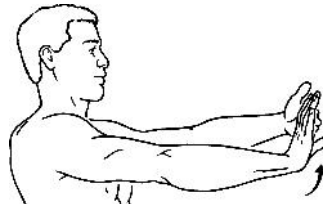
HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp **left** hand and slowly bend wrist back until stretch is felt. Hold ____ seconds. Relax.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

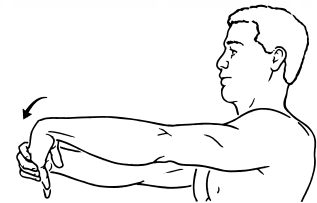
HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp **right** hand and slowly bend wrist back until stretch is felt. Hold ____ seconds. Relax.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

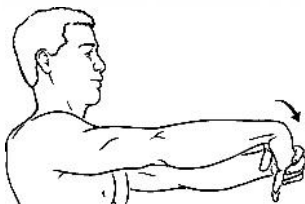
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp **left** hand and slowly bend wrist forward until stretch is felt. Hold ____ seconds. Relax.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HAND - 14 Wrist Extensor Stretch

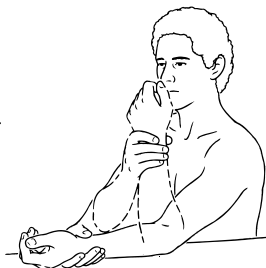


Keeping elbow straight, grasp **right** hand and slowly bend wrist forward until stretch is felt. Hold ____ seconds. Relax.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HAND - 38 PROM: Elbow Flexion / Extension

Grasp **left** arm at wrist and gently bend elbow as far as possible. Then straighten arm as far as possible. Hold each position ____ seconds.



Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HAND - 38 PROM: Elbow Flexion / Extension

Grasp **right** arm at wrist and gently bend elbow as far as possible. Then straighten arm as far as possible. Hold each position ____ seconds.



Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

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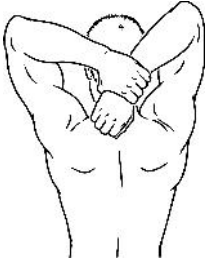
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Code Monkey Health - Hands, Elbows & Wrists Basics

HAND - 76 Elbow Flexion Stretch: Over Head

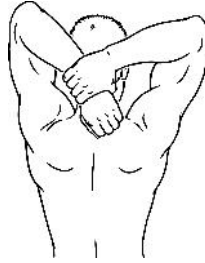
Bring right arm over head and bend elbow as far as possible. Grasp wrist with other hand and gently stretch further. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 76 Elbow Flexion Stretch: Over Head

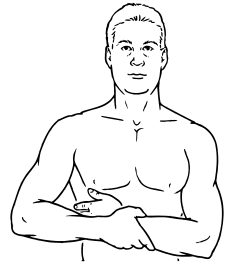
Bring left arm over head and bend elbow as far as possible. Grasp wrist with other hand and gently stretch further. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 77 Elbow Flexion Stretch: Sling

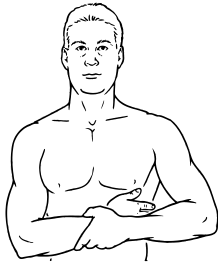
Bend left elbow as far as possible. With other hand, try to bend it further. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 77 Elbow Flexion Stretch: Sling

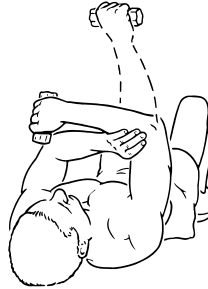
Bend right elbow as far as possible. With other hand, try to bend it further. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 71 Elbow Extension: Resisted

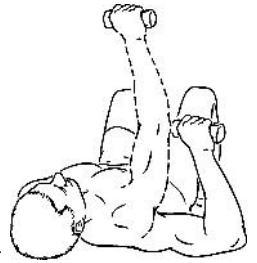
Lie on back, _____ pound weight in right hand, arm up, elbow bent and supported. Straighten elbow. Return slowly.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 72 Elbow Extension: Press – Resisted

Lie on back, _____ pound weight in right hand, arm out to side, elbow bent. Press arm toward ceiling. Return slowly.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.