

## Perform every other day



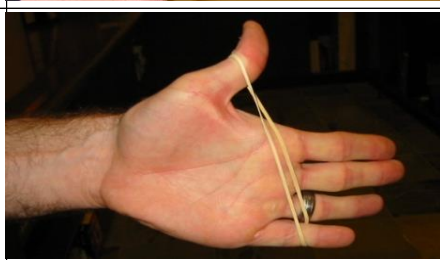
1. Perform 12 repetitions on each hand using 3lb dumbbells working up to 5 lb dumbbells when they are pain free. Place your forearm on your thigh as shown and flex and extend your wrists as shown. Move slowly and cautiously.



2. Perform 12 repetitions on each hand using 3lb dumbbells in each hand working up to 5lb dumbbells in each hand. Place forward on thigh with your palm facing down and let your wrist droop as far as it can without sharp pain. Extend your wrists up as high as you can without pain and move slowly.



3. Perform 12 repetitions on each hand using 5lb dumbbells in each hand working up to 8lb dumbbells in each hand. Place forward on thigh with your palm facing up, and let your wrist drop and flex up as far as you can without pain. Move slowly and cautiously.



4. Perform 20 repetitions on each hand using a rubber band wrapped around your thumb and pinky finger as shown in the picture. Spread your thumb and fingers apart as far as you can and then slowly let them return to the starting position. This may hurt a little, but that is alright. use the thinnest rubber band possible to start.



5. Perform both of these stretches on each arm holding the stretch for 30 seconds. Place palm down and fully straighten your elbow as you pull your hand downward as shown in the picture to the left. Next turn palm face up and pull fingers towards your forearm to stretch the flexor muscles of your forearms. Push it as hard as you can without causing sharp pain in your wrists.



6. Perform 20 repetitions using thin tubing or the large red bands if you are strong enough. Start with elbows extended and pull the band across your chest keeping arms at shoulder height. Squeeze shoulder blades together to pull the band across the chest as far as you can. Don't roll your shoulders forward. Don't stick your head forward during the movement.