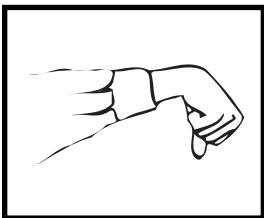
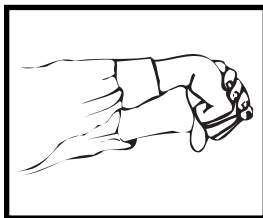


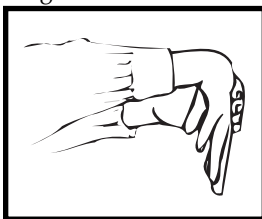
WRIST EXERCISES (CON'T.)



Bend Wrist Down With
Fist & Elbow Straight

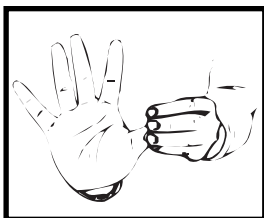


Stretch Wrist Down



Open Hand & Stretch Wrist

THUMB STRETCHES

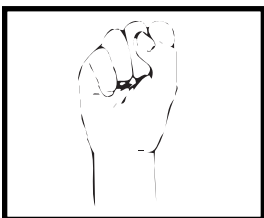


Straighten Out Thumb

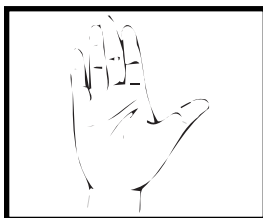


Bend Thumb Across Palm

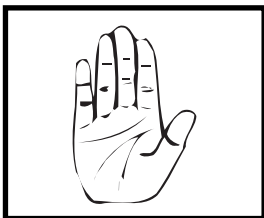
FINGER STRETCHES



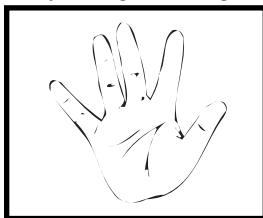
Make a Fist



Fully Straighten Fingers



Pull Fingers Together



Spread Fingers Apart



[800] 888-HAND

*The Hand Rehabilitation Center of Indiana
offers comprehensive treatment programs for
upper extremity injuries and medical conditions.
Services range from conservative treatment to
post-surgical rehabilitation.*

8501 Harcourt Road • P. O. Box 80434
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[800] 888-HAND
www.indianahandcenter.com

FLEXIBILITY EXERCISES



*The Indiana Hand Center is dedicated to
the care, restoration and rehabilitation
of the hand, wrist, elbow and shoulder.*

INTRODUCTION

This exercise program is designed to reduce the aches and pains associated with the stresses of job tasks and everyday activities.

The exercises are very simple to perform and will take approximately 10 minutes to complete.

EXERCISE INSTRUCTIONS:

1. These Flexibility Exercises should be performed at least one time at the beginning of each day. It is strongly recommended to perform the exercises several times throughout the day (at breaks, meal times and at the end of the day).
2. Perform each exercise slowly and smoothly, hold for five seconds, then relax.
3. Repeat each exercise five times.
4. Each exercise should be done to the point of feeling a comfortable stretching sensation.
5. Breathe normally while performing the exercises; do not hold your breath.
6. Keep stomach muscles tightened to prevent arching the back.

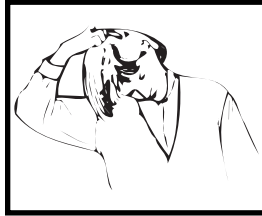
Exercise Program Modified From:

- Dr. Colt Murphy, Exercise Physiologist, Johnson & Johnson
- Dr. George Lutz, Corporate Medical Director, Ethicon
- Department of Engineering, Department of Health & Safety, Ethicon

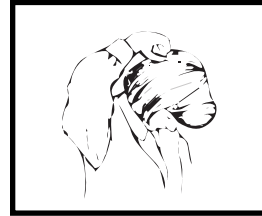
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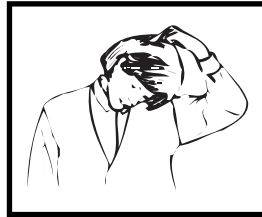
NECK STRETCHES



Pull Head to Right Side

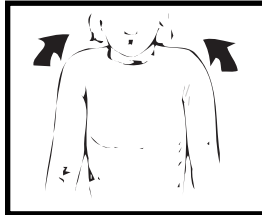


Pull Head Forward

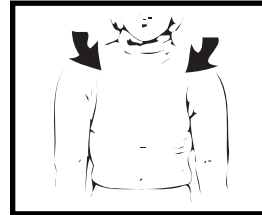


Pull Head to Left Side

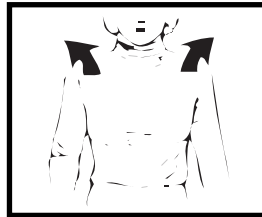
SHOULDER EXERCISES



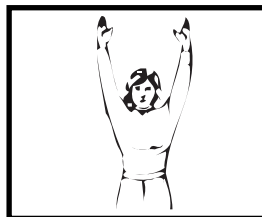
Shoulders Up



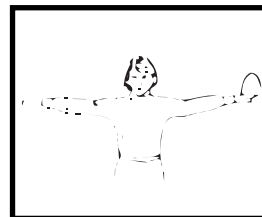
Shoulders Forward



Shoulders Back



Arms Up

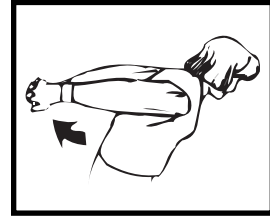


Rotate Arms

SHOULDER STRETCHES (CON'T.)



Stretch Arms Back



Stretch Arms Up

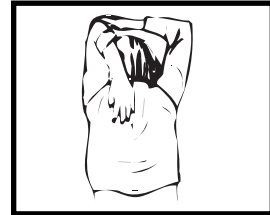


Stretch Arms Up

ARM STRETCHES



Stretch Opposite Shoulder

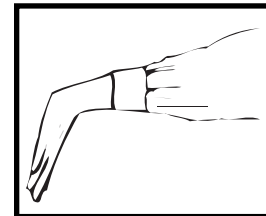


Stretch Arm Back & Down

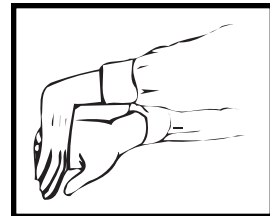


Stretch Elbow In and Back

WRIST STRETCHES



Bend Wrist Back With Elbow Straight



Stretch Wrist Back