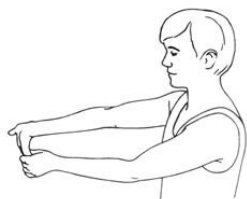




Elbow/Wrist Rehabillitation

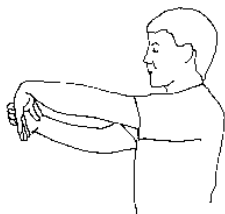
Wrist Flexor Stretch

- Place your arm in front of your body with your palm facing up.
 - Extend your wrist
 - Apply overpressure with opposite hand
 - Hold for 30 seconds
- Reps: _____



Wrist Extensor Stretch

- Place your arm in front of your body with your palm facing down.
 - Flex your wrist.
 - Apply over pressure with the opposite hand.
 - Hold for 30 seconds
- Reps: _____



Grip Strength

- Hold a tennis ball, stress ball or other soft object in your hand.
 - Squeeze the object tight and hold for 10 seconds.
 - Relax.
- Reps: _____
- Sets: _____



Finger Extension

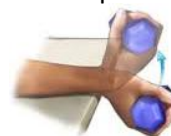
- Place an elastic band around your fingers.
 - Splay your fingers against the resistance.
 - Relax and return them to the starting position.
- Reps: _____
- Sets: _____



Finger Extensions

Wrist Flexion

- Hold a weight and place your palm facing up.
 - Flex your wrist.
 - Return to the start position. Repeat
- Reps: _____
- Sets: _____



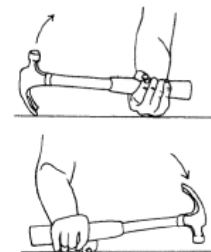
Wrist Extension

- Hold a weight and place your palm facing down.
 - Extend your wrist.
 - Return to the start position. Repeat
- Reps: _____
- Sets: _____



Pronation/Supination

- With your elbow bent hold a weight in your hand.
 - Rotate your forearm so that you palm faces down.
 - Then rotate it in the reverse direction until your palm faces up.
- Reps: _____
- Sets: _____



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