



LANG HAND THERAPY

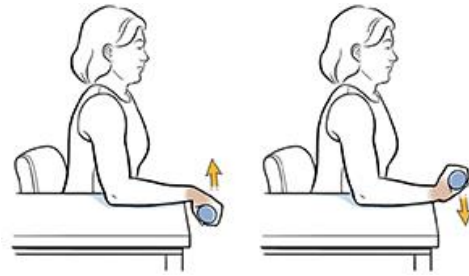
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WRIST STRENGTHENING WITH WEIGHT



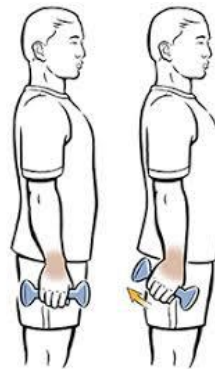
PALM UP, CURL WRIST UP



PALM DOWN, CURL WRIST DOWN



THUMB UP, CURL WRIST UP



ARM BY SIDE, CURL WRIST BACK (TOWARDS PINKY)



**FOREARM AT SIDE, ROTATE
FOREARM PALM UP/PALM DOWN**

- PERFORM 10-15 REPETITIONS 2-3 SETS DAILY
- KEEP MOVEMENT SMALL AND IN MID-RANGE
- 1-2 LBS