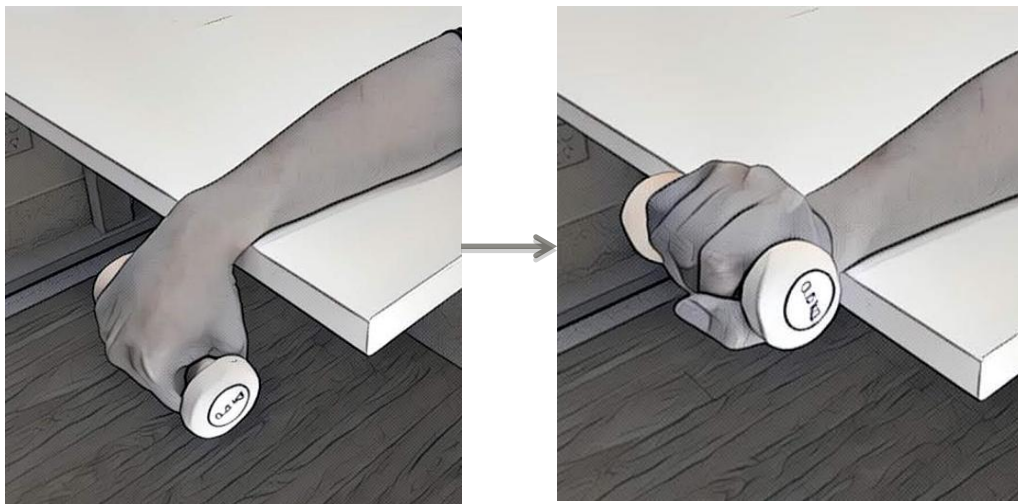
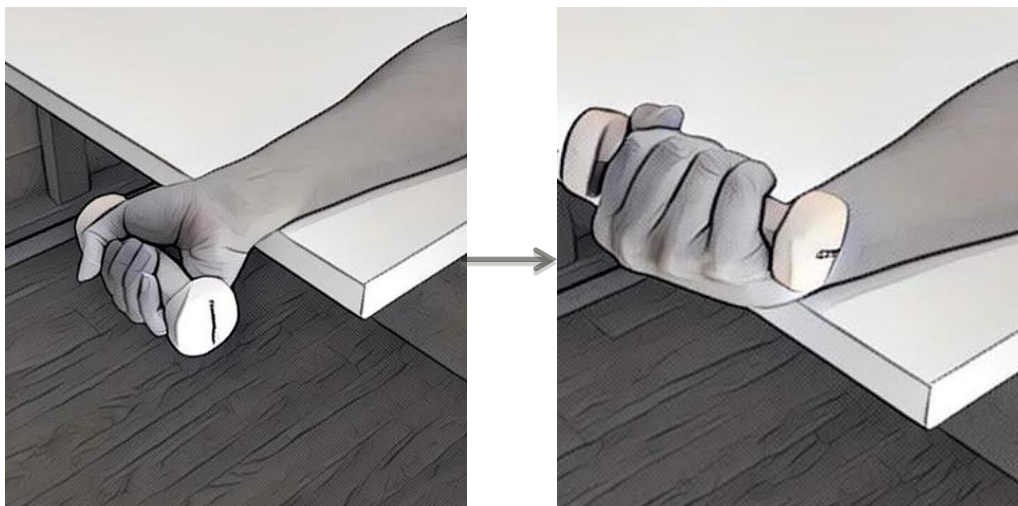


Hand/Arm Strengthening Exercises-Weights

Complete the following exercises _____ times per day for _____ repetitions, in a slow controlled motion.

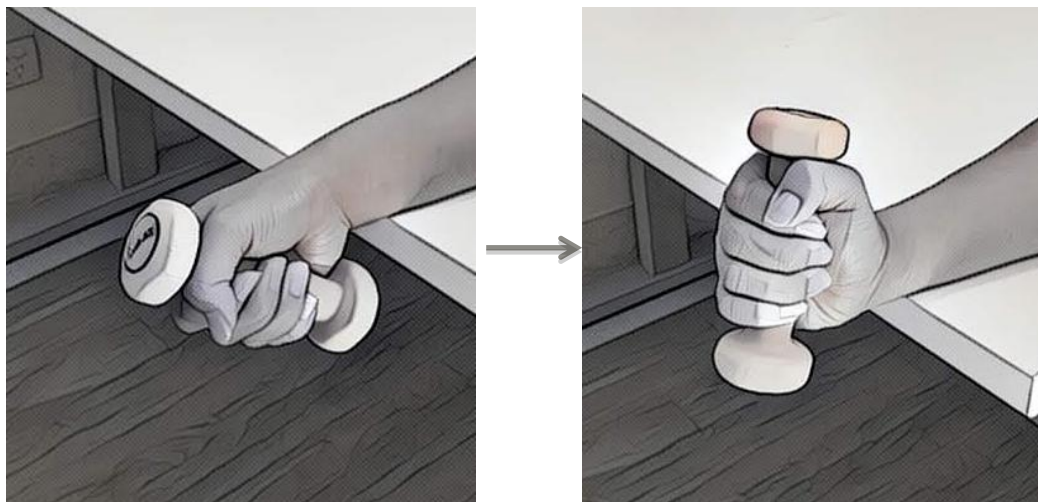


1. Hold a _____ weight and place your wrist over the edge of a table (with your palm facing down). Keep your elbow supported on the table. Pull your wrist back.

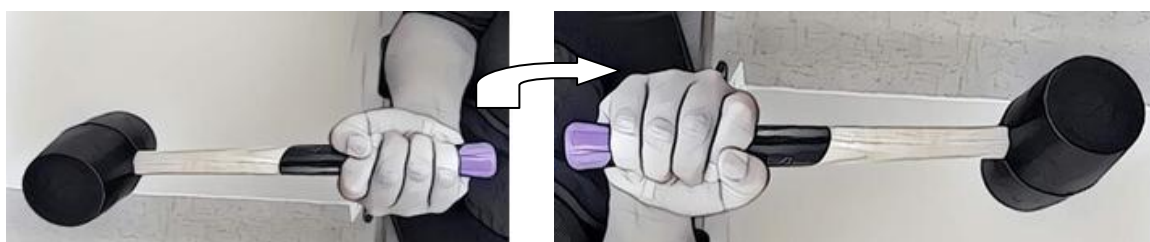


2. Hold a _____ weight and place your wrist over the edge of a table (with your palm facing up). Keep your elbow supported on the table. Pull your wrist up.

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3. Hold a _____ weight and place your wrist over the edge of a table (in neutral). Keep your elbow supported on the table. Pull your wrist up.



4. Holding a _____ hammer or mallet, rotate your arm in both directions (with your palm up, then palm down).

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