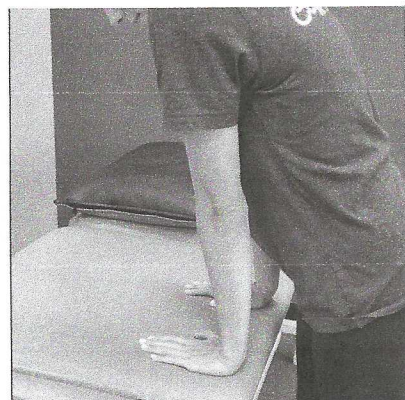
**WRIST EXTENSOR STRETCH**

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Video # XVLZQHYVT

Repeat	4 Times
Hold	20 Seconds
Complete	1 Set
Perform	2 Times a Day

**Wrist Extension Stretch (Flexor Stretch)**

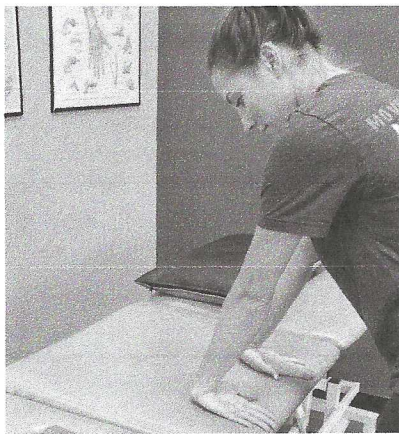
Option 1) Stand with your arm extended in front of you, elbow straight, and palm down. Extend your wrist to point your fingers toward the ceiling, then use your other hand to pull on your palm, extending your wrist further until you feel a stretch in the back of your wrist and forearm.

Option 2) With elbows straight, place your palms flat on a surface (bed, table, etc) with your finger tips facing away from your body, then lean forward until you feel a stretch in the back of your wrist and forearm.

Not shown in video: Option 3) With elbows straight, place your palms flat on a surface (bed, table, etc) with your finger tips facing toward your body, then lean back until you feel a stretch in your wrist and forearm.

Video # XVWZK67RL

Repeat	4 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



Wrist Flexion Stretch (Extensor Stretch)

Option 1) Stand with your arm extended in front of you, elbow straight, and palm down. Bend your wrist to point your fingers toward the floor, then use your other hand to pull on the back side of your hand, bending your wrist further until you feel a stretch in the top of your wrist and forearm.

Option 2) With elbows straight, place the back sides of your hands against a flat surface (bed, table, etc) with your finger tips facing toward your body, then lean back until you feel a stretch in the front of your wrist and front of your forearm.

Video # XVMFZYXGJ

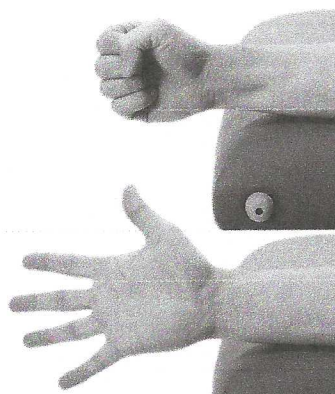
Repeat 4 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day



Seated Wrist Flexor/Extensor Stretch

Sit in a chair with palms facing up and elbows straight. While placing minimal pressure on the wrists, slowly lean backward while maintaining straight elbows. Do not stretch to the point of pain.

Repeat 4 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day



FINGER ABDUCTION TO CLOSED FIST

Open and close your hand into a fist and repeat. When opening, attempt to open as wide as you can as you spread out your fingers maximally.

Work within your available range.

Video # XVHG33MSF

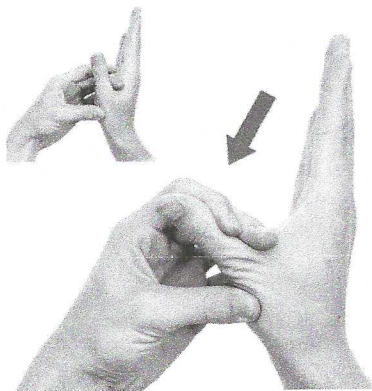
Repeat 15 Times
Hold 3 Seconds
Complete 1 Set
Perform 3 Times a Day



Finger stretch (CTS)

Stretch your fingers as shown and hold for 7 seconds

Repeat 10 times, 6 times/day

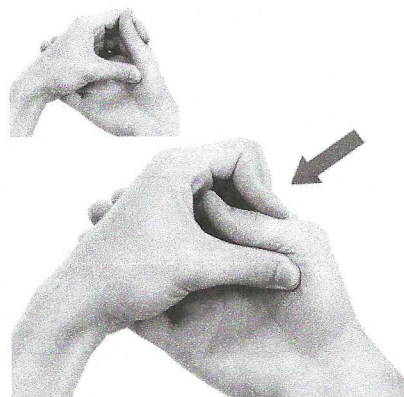


THUMB ABDUCTION STRETCH

Grasp the thumb and pull it away from the palm as shown.

Video # XVRKY6D7K

Repeat	4 Times
Hold	20 Seconds
Complete	1 Set
Perform	3 Times a Day



THUMB MCP FLEXION STRETCH

Grasp the affected thumb at the closest joint and gently stretch it into a more bent position.

Video # XVSU4MCYJ

Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



Median nerve Glides and mobilization in hand

- (A) wrist neutral with fingers and thumb flexed;
(B) wrist neutral with fingers and thumb extended;
(C) wrist and fingers extended, thumb neutral;
(D) wrist, fingers, and thumb extended;
(E) wrist, fingers, and thumb extended and forearm supinated;
(F) wrist, fingers, and thumb extended, forearm supinated, and thumb stretched into extension.

Repeat	5 Times
Hold	1 Second
Complete	1 Set
Perform	2 Times a Day

