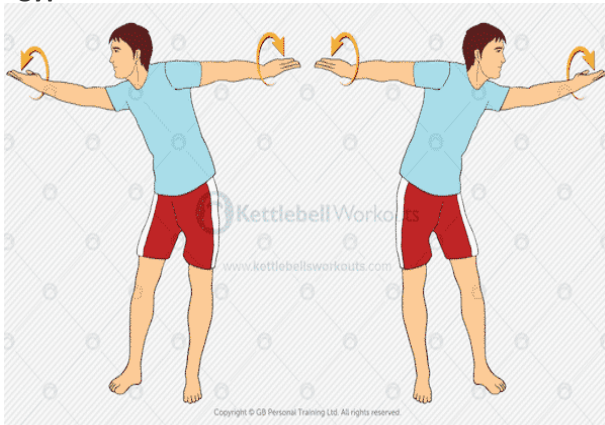


### Egyptian Rolls:



Start with one arm, with palm facing up, out to your side and the other arm out by your side with palm facing down. Then you will alternate each hand position.

3X8



Forearm pronation and supination

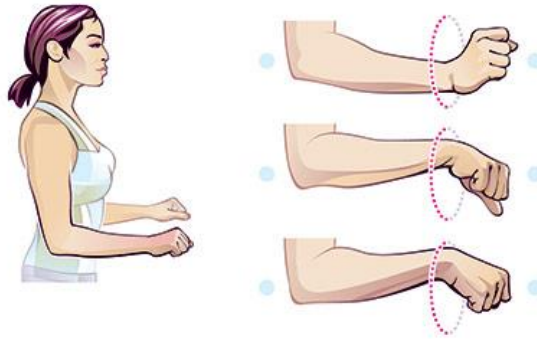
With your elbows bent at 90 degrees and your hand straight out in front of you begin to turn your palms upwards and downwards slowly. Perform 10 times.



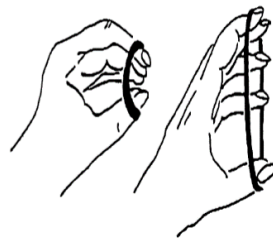
Wrist stretch

Take arm straight out in front of you and bring your finger tips towards your nose, then take your opposite hand and pull your finger tips back more. Then repeat exercise with finger tips pointing downwards. Hold for 30 seconds.

### Wrist Rolls



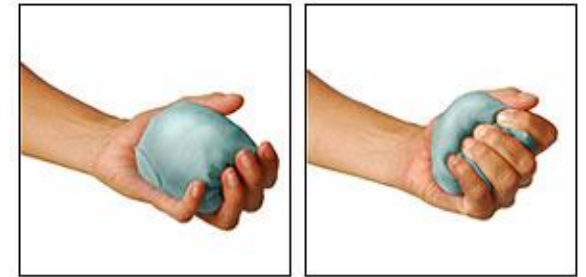
Roll your wrist clockwise and counterclockwise. 10 rolls each wrist both ways.



### Mass Finger Extension

Place rubberband(s) over the four fingers a held in 5-finger pinch position. Spread fing from thumb.

### Ball or Sock Squeeze



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Hold a tennis ball (or a rolled-up sock) in your hand. Make a fist around the ball (or sock) and squeeze. Hold for about 6 seconds, and then relax for up to 10 seconds. Repeat 8 to 12 times each hand.

### Foam or Ball rolling for wrist (tennis Ball)



Place your wrist on top of the ball, with the palm facing downwards. Apply a little pressure and roll you wrist and forearm in a circular motion. Repeat with other forearm. Perform for 1-2 minutes. This exercise can be done one a counter top or table.