



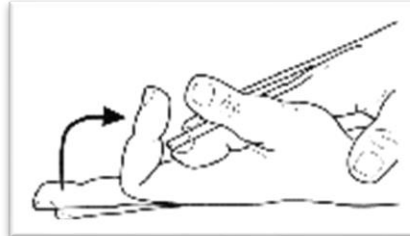
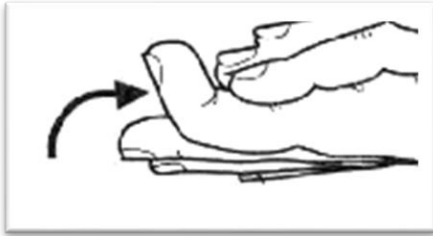
Initial Active Range of Motion Exercises

Yield to Pain, Numbness, and/or Tingling

10x each, 2 sets, 2 times per day

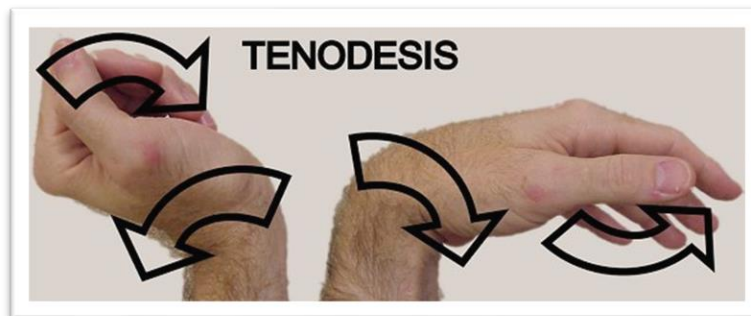
Block & Bend – Finger Range of Motion

- Bend and straighten the tip by using the other hand to block both the middle and base joints
- Bend and straighten the middle joint, keeping the tip straight by only blocking the base joint



Tenodesis – Wrist Range of Motion

- Keep your fingers relaxed with no tension
- When your wrist moves back, let your fingers naturally curl in
- When your wrist moves forward, let your fingers naturally fall out



Supination / Pronation – Forearm Range of Motion

- Start with your Elbow by your side, bend to 90° degrees, Neutral, thumb facing up
- With your Elbow by your side, bent to 90° degrees, slowly rotate your forearm until your palm is facing up, stopping before pain.
- Going back to starting position with your Elbow by your side, bent to 90° degrees, slowly rotate your forearm until your palm is facing down, stopping before pain

