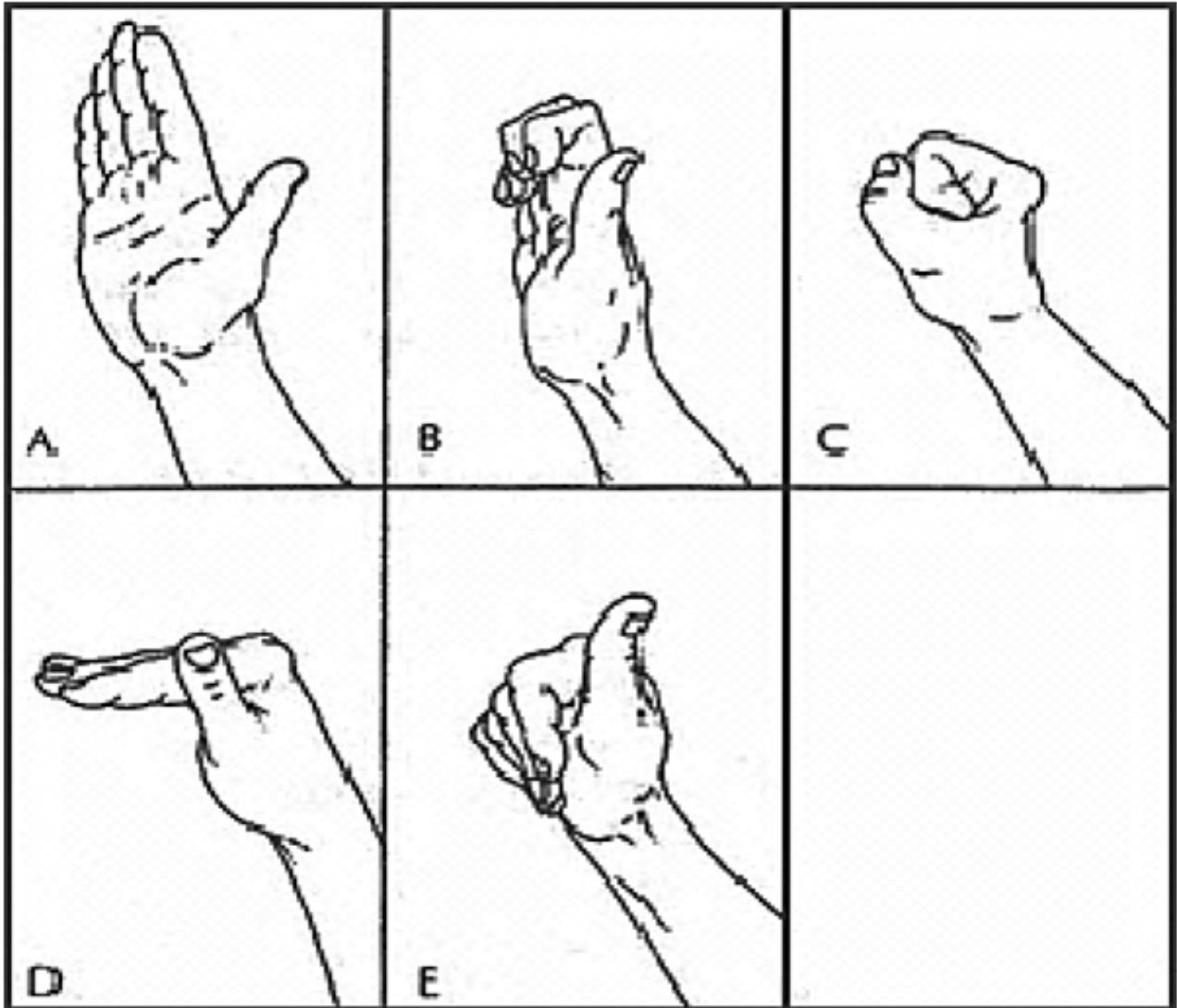


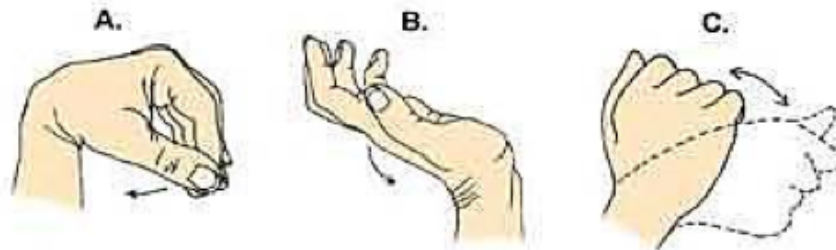


Tuality Orthopedic, Sports, Spine & Rehabilitation Center

A member of the Tuality Healthcare family.

Hand Exercises to increase Range of Motion, while reducing swelling





Wrist: Active range of motion

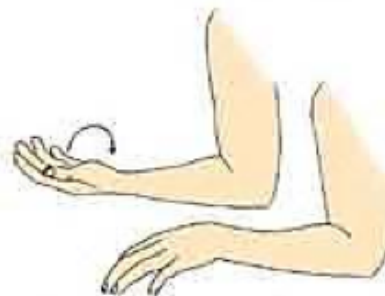


Wrist stretch

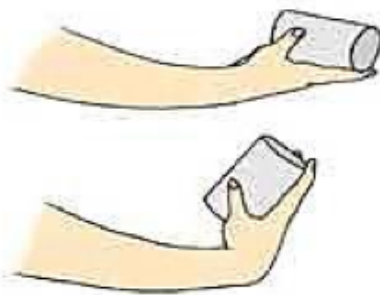
Wrist extension stretch



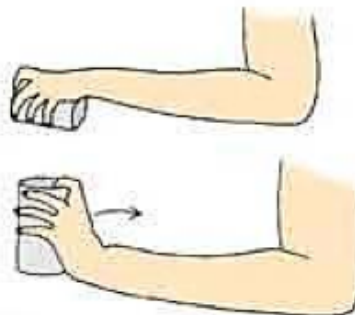
Wrist flexion stretch



Pronation and supination of the forearm



Wrist flexion exercise



Wrist extension exercise



Grip strengthening