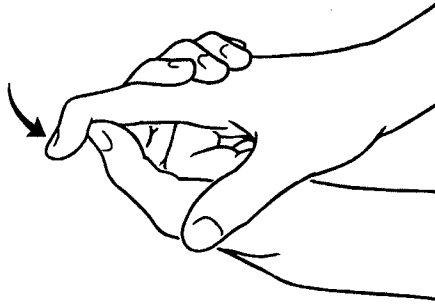


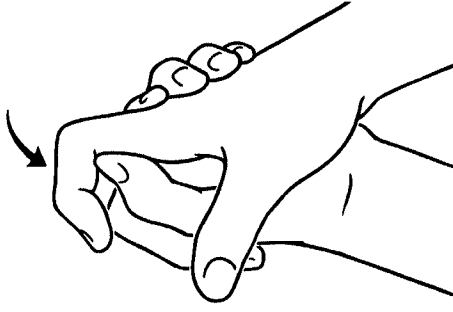
HAND - 6 AROM: DIP Flexion / Extension



Pinch middle knuckle of _____ finger of right hand to prevent bending. Bend end knuckle until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

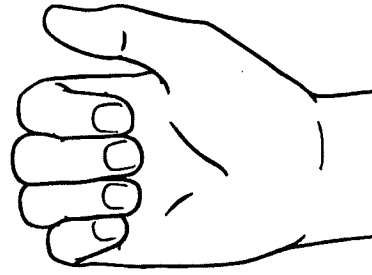
HAND - 7 AROM: PIP Flexion / Extension



Pinch bottom knuckle of _____ finger of right hand to prevent bending. Actively bend middle knuckle until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 8 AROM: Finger Flexion / Extension



Actively bend fingers of right hand. Start with knuckles furthest from palm, and slowly make a fist. Hold _____ seconds. Relax. Then straighten fingers as far as possible.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.