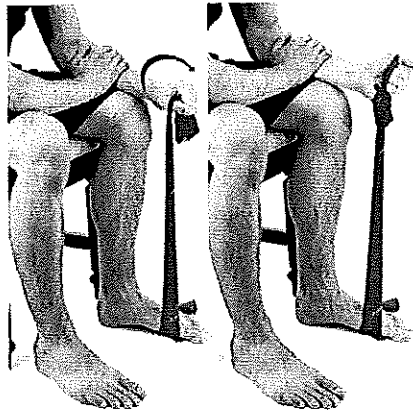


ELASTIC BAND WRIST EXTENSION

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face down.

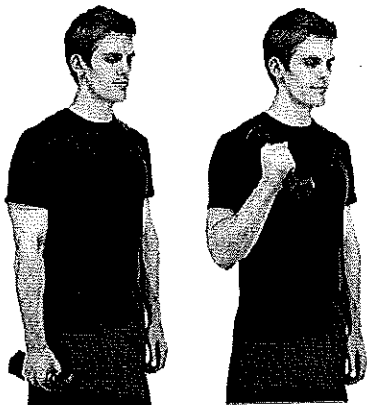
Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



ELASTIC BAND WRIST SUPINATION

While holding an elastic band and resting your arm on your thigh or table, turn your affected wrist towards palm face up.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day

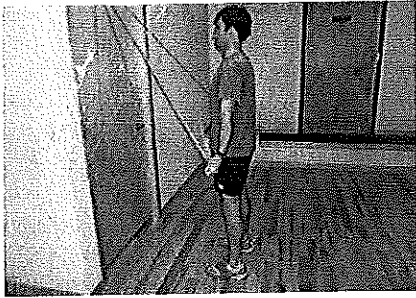


BICEPS CURLS - RADIOBRACHIALIS

With your arm at your side, draw up your hand by bending at the elbow.

Keep your wrist in a neutral position as shown above the entire time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day

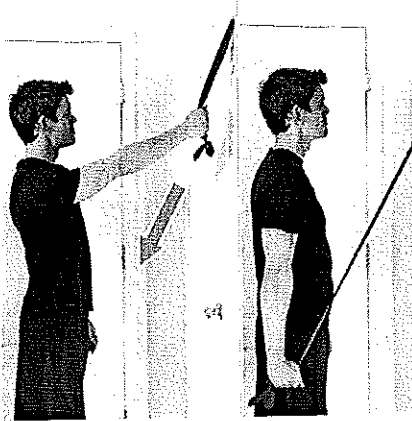


Start with tying a knot in the resistance band and place this knot on inside of door jamb. To begin the exercise, pull the elbows in towards the ribcage. Isometric hold for 2 seconds. Then perform a triceps extension. Again hold isometrically for 2 seconds. Repeat for 10-15 reps.

Repeat 10 Times
 Hold 2 Seconds
 Complete 2 Sets
 Perform 1 Time(s) a Day

TRICEP Extension

(Keep elbows by your side)



ELASTIC BAND SHOULDER EXTENSION

While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side.

Repeat 10 Times
 Hold 2 Seconds
 Complete 2 Sets
 Perform 1 Time(s) a Day

Shoulder & elbs?



STRETCH

- LEAN ONTO PALMS AND WEIGHT SHIFT
- PALM UP WITH ROLL UNDER TRICEP + WEIGHT X 10 MINUTES