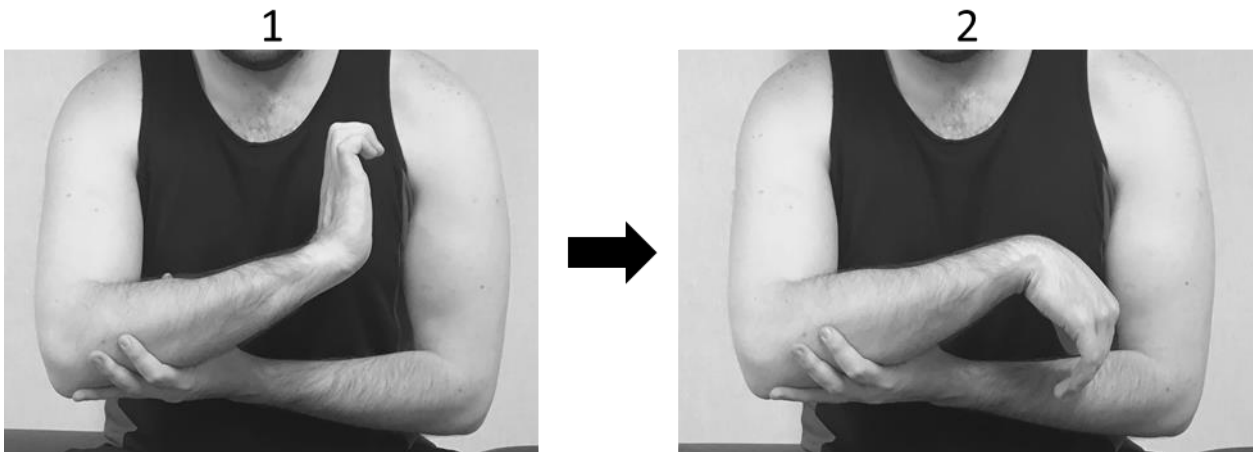


Hand and Wrist Exercises

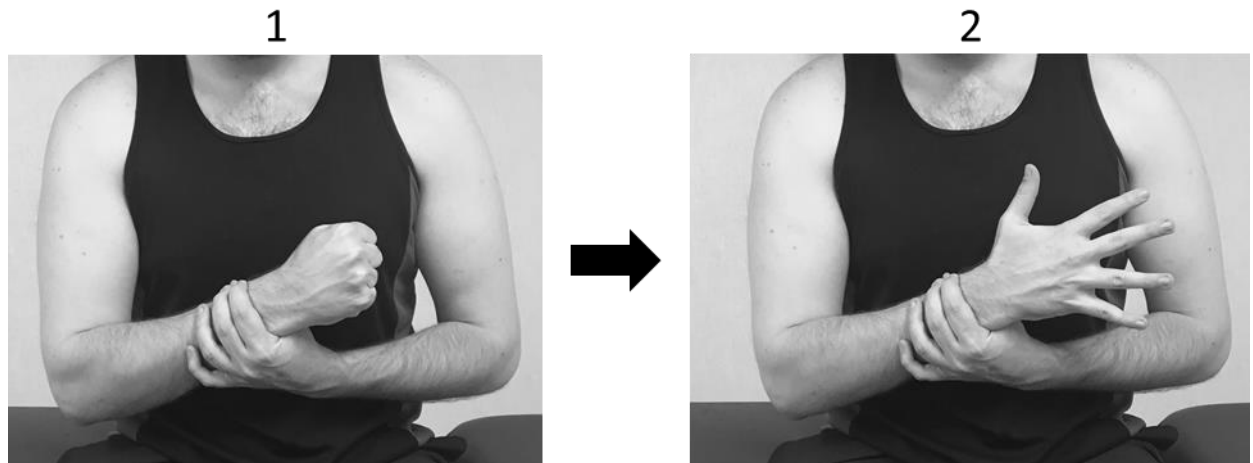
DO NOT PUSH **PAST** YOUR PAIN THRESHOLD

Do 10 repetitions 4 times a day

- 1) Gently bend and straighten your wrist as if waving goodbye



- 2) Make a fist, then stretch all your fingers out straight



All these exercises can be done while wearing your sling