

CENTER FOR PEDIATRIC ORTHOPAEDICS & SCOLIOSIS

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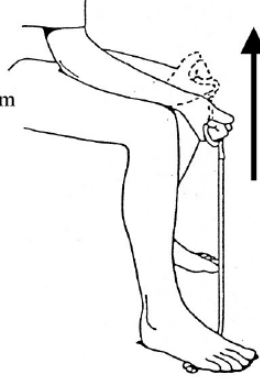
EXERCISES TO STRENGTHEN HANDS AND WRIST

HAND – 29

Active Resistive Wrist Flexion

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm up) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat _____ times.
Do _____ session per day.

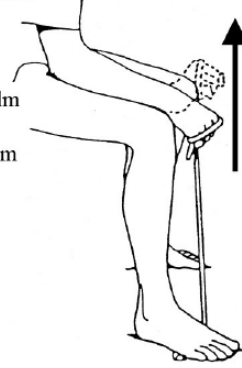


HAND – 30

Active Resistive Wrist Extension

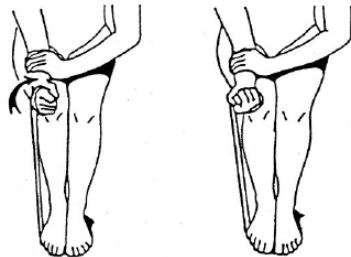
With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm down) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat _____ times.
Do _____ session per day.



HAND – 33

Resisted Forearm Pronation

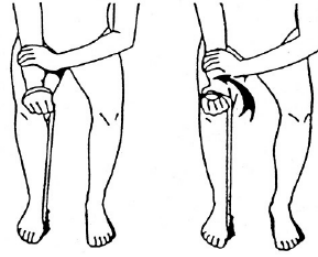


With palm up, stabilize forearm on thigh with opposite hand. Keep tubing to outside of hand and roll palm down as far as possible.

Hold _____ seconds. Relax. Repeat _____ times.
Do _____ session per day.

HAND – 33

Resisted Forearm Supination



With palm down, stabilize forearm on thigh with opposite hand. Keep tubing to inside of hand and roll palm up as far as possible.

Hold _____ seconds. Relax. Repeat _____ times.
Do _____ session per day.

HAND – 35
Active Resistive Elbow Flexion

With tubing wrapped around fist and opposite end secured under foot, curl arm up as far as possible. Lower slowly

Repeat _____ times.
Do _____ session per day.



HAND – 36
Active Resistive Elbow Extension

With tubing wrapped around fist and opposite end secured in door jam, Straighten elbow.

Repeat _____ times.
Do _____ session per day.

