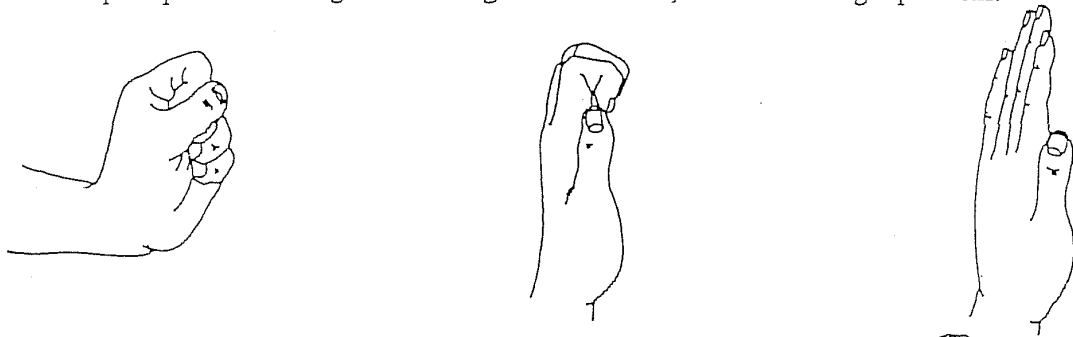


# TERRI'S ROUTINE

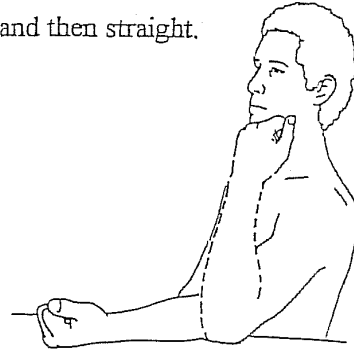
General Finger, Elbow and Shoulder Range Of Motion Exercises  
Post/Operative Wrist

Purpose: To prevent stiffness of uninvolved joints.  
Frequency: 10x each exercise, 6x each day.

Finger: Make a full fist and straighten your fingers as much as possible within the postoperative dressings. Move fingers into the fist, hook and straight positions.



Elbow: Bend elbow to touch your hand to your shoulder and then straight.



## **Not for Shoulder Surgery**

Shoulder: Lift your hand up over your head and then back down.  
Move your hand that just had the surgery to the opposite shoulder and back.  
Move your hand that just had the surgery to behind your head, and back down.

