

YOUR DVD CODE: 873 - 665 - 818 - 567 - 727 - 598

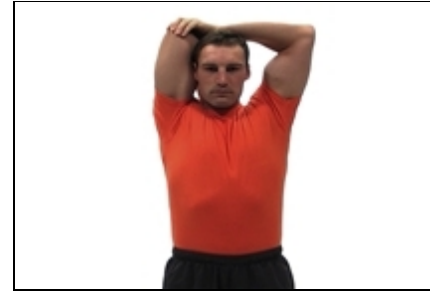
1: 873 - Pectoralis/ Biceps Stretch



- Clasp hands behind back
- Straighten arms
- Slowly raise arms until a stretch is felt

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

2: 665 - Inferior Capsule Stretch



- Bend one elbow up behind head
- Grasp elbow with opposite hand and pull elbow toward head

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s Side: Right

3: 818 - Wrist Flexor Stretch



- Straighten one arm with palm facing out
- Grasp palm with opposite hand and slowly pull fingers toward wrist until a stretch is felt
- Keep elbow straight during exercise

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s Side: Right

4: 567 - Wrist Extensor Stretch



- Straighten one arm with palm facing in
- Grasp back of hand with opposite fingers and slowly pull hand toward wrist until a stretch is felt
- Keep elbow straight during exercise

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s Side: Right

5: 727 - Supination Stretch



- Start with hand straight and thumb pointing toward ceiling
- Grasp hand with opposite fingers
- Slowly rotate hand with palm facing up until a stretch is felt

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

6: 598 - Pronation Stretch



- Grasp hand with opposite fingers
- Slowly rotate hand in until a stretch is felt

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s