

STEP 1



STEP 2



Seated Finger Composite Flexion Extension

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with your wrist and fingers straight.

Movement

Slowly bend the top two knuckles of your fingers downward. Pause, then return to the starting position and repeat.

Tip

Make sure to only move through a pain-free range of motion. Try to keep your wrist straight as you move your fingers.

STEP 1



STEP 2



Seated Forearm Pronation and Supination AROM

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with one arm bent to 90 degrees, palm facing up, and fingers straight.

Movement

Rotate your forearm inward, then outward, and repeat.

Tip

Make sure to only move your forearm, and keep your wrist straight during the exercise.

STEP 1



STEP 2



Wrist AROM Flexion Extension

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with your wrist straight.

Movement

Slowly bend your wrist back and forth.

Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.

STEP 1



STEP 2



Seated Elbow Flexion and Extension AROM

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with one arm straight at your side.

Movement

Bend your elbow upward as far as is comfortable, then straighten it and repeat.

Tip

Make sure to keep your movements slow and controlled.

STEP 1



STEP 2



Shoulder Flexion Wall Walk

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Slowly walk your hands up the wall one at a time.

Tip

Make sure to keep your body straight during the exercise. Only walk your hands as far as you can without feeling any pain.

STEP 1



STEP 2



Standing Shoulder Abduction Finger Walk at Wall

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a wall at your side.

Movement

Place the hand of your involved arm on the wall and walk your fingers up the wall as far as you can, then gently lean toward the wall to slide it further. Slide your hand back down, and repeat.

Tip

Make sure not to shrug your shoulder. Only raise your arm as far as you can without causing pain.

Weeks 3 and 4

STEP 1



Isometric Wrist Extension Pronated

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin with your palm facing down and fingers straight with your opposite hand gently over your other hand.

Movement

Try to bend your wrist upward but resist the movement with your upper hand.

Tip

There should be no movement with this exercise.

STEP 1



Seated Isometric Wrist Flexion Supinated with Manual Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin with your palm facing up and fingers straight with your opposite hand gently on top of your palm.

Movement

As you bend your wrist up, resist this movement with your top hand. Pause briefly, then return to the starting position.

Tip

There should be no movement with this exercise.

STEP 1



STEP 2



Seated Wrist Flexion and Extension with Towel Twist

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright holding a rolled towel in both hands.

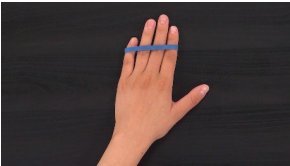
Movement

Twist the towel by bending one wrist forward and the other backward. Then repeat in the other direction.

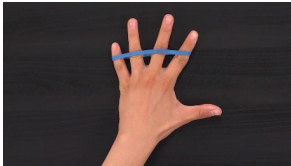
Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Finger Abduction with Rubber Band

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright your hand flat on a table, palm down, with a rubber band looped around your fingers.

Movement

Spread your fingers apart, pressing against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your movements slow and controlled during the exercise.

STEP 1



STEP 2



Isometric Finger Flexion

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin with one palm facing down, the other facing up and the ends of your fingers locked together with your knuckles slightly bent.

Movement

Gently pull your arms apart, resisting the movement with your fingers. Do not let your fingers straighten. Hold, then relax and repeat.

Tip

Make sure to keep the rest of your arms straight during this exercise.

STEP 1



STEP 2



Wall Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise

Weeks 5 and 6

STEP 1



STEP 2



Seated Wrist Flexion Stretch

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

STEP 1



STEP 2



Seated Wrist Extension Stretch

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

STEP 1



STEP 2



Seated Wrist Flexion with Dumbbell

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

Movement

Curl your wrist towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Extension with Dumbbell

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

Movement

Bend your wrist backwards towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Standing Tricep Extensions with Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, with your arms bent and elbows tucked at your sides, holding each end of a resistance band that is anchored above your head.

Movement

Straighten your elbows, pulling against the resistance band, then slowly bring them back to the starting position and repeat.

Tip

Make sure to keep your elbows tucked at your sides and move your arms slowly.

STEP 1



STEP 2



Standing Bilateral Low Shoulder Row with Anchored Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you, with your palms facing up.

Movement

Pull your arms back against the resistance band, bending at your elbows, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and think of squeezing your shoulder blades together as you pull your arms back.

STEP 1



STEP 2



Standing Single Arm Elbow Flexion with Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped under one foot and held in your hand on the same side.

Movement

With your palm facing up, bend your elbow and bring your hand toward your shoulder, then slowly lower it back down and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Standing Upright Shoulder Row with Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding both ends of a resistance band that is looped under your feet.

Movement

Pull up on the band, keeping your hands close to your body and bending your elbows until your hands are at your chest, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Full Plank

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your arms directly underneath your shoulders.

Movement

Extend your legs backward so your body is in a plank position, and hold.

Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

Weeks 7 and 8

STEP 1



STEP 2



STEP 3



Farmer's Carry with Kettlebells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



STEP 2



Chest Press with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, holding both ends of a resistance band that is anchored behind you at shoulder height.

Movement

Slowly push your arms forward, with your palms facing down, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and abdominals tight during the exercise.

STEP 1



STEP 2



Chest Fly with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding both ends of a resistance band that is anchored behind you at shoulder height, with your arms straight out to your sides, palms facing forward.

Movement

Pull your arms forward against the resistance, bringing your hands together. Slowly return to the starting position and repeat.

Tip

Make sure to keep your abdominals tight and elbows straight during the exercise.

STEP 1



STEP 2



Seated Lat Pull Down with Resistance - Elbows Bent

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Full Plank with Shoulder Taps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.

STEP 1



STEP 2



Tricep Dip from Chair

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair.

Movement

Move your body forward off the chair, keeping your arms on the edge. Slowly bend your elbows and lower yourself toward the ground, then push yourself back up, and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise. Your elbows should be bending straight backwards, do not let the flare out to the side.