

Patient: ..... Date: .....

Provider: ..... Next Appt: .....

Special Instructions: .....

## TIP OF THE DAY.

Did you know? Ginger, sheng jiang to the Chinese is a powerful detoxifier, helps with digestion, a potent cancer fighter, prevent blood clots and can inhibit the onset of migraine headaches.  
(Consuming ginger tea daily can keep vitality going and prevent nausea)

## HAND AND WRIST EXERCISES

These movements are intended to stretch out and develop strength in your hands and wrists. Prior to engaging in any exercise, read all the directions. During the exercise, inhale and exhale naturally and perform it with fluid movements. If you experience pain at any time, discontinue the exercise. If the pain continues, contact your healthcare provider.



### PRAYER STRETCH

1. Sitting or standing with elbows out, put palms together at chest level.
2. Pressing your palms to each other and slowly lowering your wrists until you feel a stretch, hold for \_\_\_\_ seconds. Then relax.
3. Do \_\_\_\_ repetitions, \_\_\_\_ sets a day.

### CAUTION

- Keep arms close to body.



### WRIST FLEXION

1. With palm down and elbow bent, hold your \_\_\_\_ hand in front of you.
2. Grab back of that hand with other hand. Pull back so that fingers point to floor as you straighten arm. Experience stretch in forearm and wrist. Hold for \_\_\_\_ seconds. Relax.
3. Do \_\_\_\_ repetitions, \_\_\_\_ sets a day..

### CAUTION

- Keep arms in front of body.

### FINGER GRIP AND RELEASE

1. Using \_\_\_\_ hand, form a tight fist. (Or clutch sponge or flexible ball.) Hold \_\_\_\_ seconds. Relax.
2. Spread fingers apart as far as possible. Hold for \_\_\_\_ seconds. Relax.
3. Do \_\_\_\_ repetitions, \_\_\_\_ sets a day.

### CAUTION

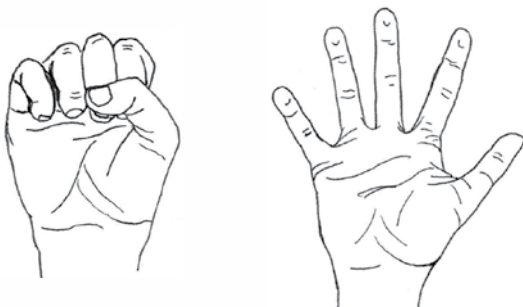
- Be sure wrist is straight.

### PINCHING

1. Carefully but firmly press \_\_\_\_ thumb to each of the fingertips on the same hand.
2. Then press thumb to middle section of each finger, then to lower part of each finger.
3. Do \_\_\_\_ repetitions \_\_\_\_ sets a day.

### CAUTION

- Be sure wrist is straight.



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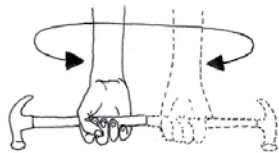
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## TIP OF THE DAY.

Did you know? Astragalus restores healthy immune function, fights off infectious diseases, increases sperm production and motility, and is helpful in treating male infertility.  
(Used for more than 2,000 years to strengthen vitality and prevent illnesses)

## HAND AND WRIST EXERCISES

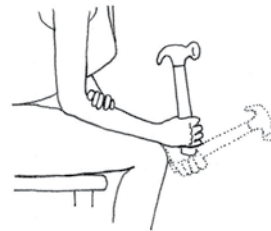


### FOREARM ROLL

1. Clutch hammer or hand weight with \_\_\_\_\_ hand. Place the wrist, with palm facing down, over the end of knee.
2. With forearm against thigh, rotate hand until palm is up. Hold for \_\_\_\_\_ seconds, then return to beginning position.
3. Do \_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

- Avoid lifting forearm or elbow off thigh.



### HAMMER EXERCISE

1. While clutching a hammer in \_\_\_\_\_ hand as if ready to pound a nail, sit. Rest the same forearm on thigh.
2. Keeping forearm and elbow on thigh, raise hammer as high as possible, then lower hammer as quickly as possible.
3. Do \_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

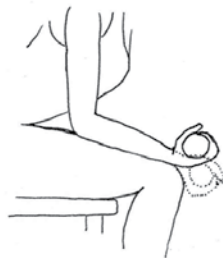
- Use slow, steady movement.

### WRIST CURLS

1. Sit comfortably grasping a \_\_\_\_\_-pound weight or soup can in your \_\_\_\_\_ hand. Place your wrist, palm up, over the end of your knee.
2. With forearm and elbow against the thigh, curl the weight and lower to starting position.
3. Do \_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

- Be sure back is straight.



### WRIST REVERSE CURLS

1. Sit comfortably grasping a \_\_\_\_\_-pound weight or soup can in your \_\_\_\_\_ hand. Place your wrist, palm up, over the end of your knee.
2. With forearm and elbow against the thigh, curl the weight and lower to starting position.
3. Do \_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

- Be sure back is straight.

