

Begin with Wrist Flex and Extension;

Place forearm on the end of table with wrist over the edge. Gently bend wrist down allowing the fingers to relax in an open position;

Hold for 5 seconds; Release;

Gently bend wrist up, keeping fingers in a loose fist to perform Wrist Extension;

Hold for 5 seconds;

Repeat a second Wrist Flex; Hush for 5 seconds; Release;

Repeat a second Wrist Extension; Hush for 5 seconds; Release;

Wrist Flex; Hush for 5 seconds; Release;

Wrist Extension; Hush for 5 seconds; Release;

Wrist Flex; Hush for 5 seconds; Release;

Wrist Extension; Hush for 5 seconds; Release;

Wrist Flex a fifth and final time; Hush for 5 seconds; Release;

Wrist Extension a final time; Hush for 5 seconds; Release;

Next Perform Wrist Radial Deviation;

Place palm flat on table and hold wrist with opposite hand to keep forearm stable. Move hand toward the thumb for radial deviation. Hold for 5 seconds; Release;

Move hand toward the small finger for ulnar deviation; Hold for 5 seconds; Release;

Repeat radial deviation toward thumb; Hush for 5 seconds; Release;

Repeat ulnar deviation toward small finger; Hush for 5 seconds; Release;

Repeat radial deviation toward thumb; Hush for 5 seconds; Release;

Repeat ulnar deviation toward small finger; Hush for 5 seconds; Release;

Repeat radial deviation toward thumb; Hush for 5 seconds; Release;

Repeat ulnar deviation toward small finger; Hush for 5 seconds; Release;

Repeat radial deviation toward thumb a fifth and final time; Hush for 5 seconds; Release;

Repeat ulnar deviation toward small finger a fifth and final time; Hush for 5 seconds; Release;

Prepare to Perform I.P. Flex (blocking);

With your opposite hand, hold the thumb below the first knuckle. Bend tip of thumb down toward the palm as far as possible; Hold for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;

Repeat a fifth and final time; Hush for 3 seconds; Release;

Prepare to Perform MP Flex (blocking);

With your opposite hand, hold the base of the thumb.

Bend thumb as far as possible toward the palm; Hold for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;

Repeat a fifth and final time; Hush for 3 seconds; Release;

Perform Composite Flex;

Bend at both thumb joints as far as possible toward the palm of your hand; Hold for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;

Repeat; Hush for 3 seconds; Release;
Repeat; Hush for 3 seconds; Release;
Repeat a fifth and final time; Hush for 3 seconds; Release;

Next Perform Composite Extension;

Bring your thumb upward into hitchhiker position; Hold for 3 seconds; Release;
Repeat; Hush for 3 seconds; Release;
Repeat; Hush for 3 seconds; Release;
Repeat; Hush for 3 seconds; Release;
Repeat a fifth and final time; Hush for 3 seconds; Release;

Perform Opposition Exercise;

Beginning with the index finger, touch tip of the thumb to the tip of each finger making an "O" shape. When you reach the little finger, run your thumb down the underside as far as possible; Hold for 3 seconds; Release;
Repeat the entire sequence starting with the index finger; Hush for 5 seconds; Release;
Repeat; Hush for 5 seconds; Release;
Repeat; Hush for 5 seconds; Release;
Repeat one last time; Hush for 5 seconds; Release;

Prepare for Adduction, and Abduction;

With your palm flat, spread your thumb away from the palm of hand; Hold for 3 seconds; Release;
Move thumb toward the palm; Hold for 3 seconds; Release;
Move thumb away from palm of hand; Hold for 3 seconds; Release;
Move thumb toward the palm; Hold for 3 seconds; Release;
Move thumb away from palm of hand; Hold for 3 seconds; Release;
Move thumb toward the palm; Hold for 3 seconds; Release;
Move thumb away from palm of hand; Hold for 3 seconds; Release;
Move thumb toward the palm; Hold for 3 seconds; Release;
Move thumb away from palm of hand; Hold for 3 seconds; Release;
Move thumb toward the palm; Hold for 3 seconds; Release;