

**McLaren Print System Order**

Order No: 56461  
 Order Date: 2020-08-31  
 User: Cindy Weller  
 Phone: 810-342-4289

Ship Location: McLaren Flint - 1N Therapy Services-Attn: Cindy  
 401 S. Ballenger Hwy.  
 Flint, MI 48532

Brochures  
 Quantity: 100  
 Paragon Dept No: 23020  
 Dept Name: Joint & Spine Center  
 Company Number: 60

Order Total Price: 22.90

Item Number: M-2938  
 Item Description: Home\_Exercise\_Program for Elbow, Sling and Hand  
 Revision Date: 10/2015  
 Print: 2 sided full color  
 Paper: 32# Color Copy Text  
 Size: 8.5 x 11  
 Fold:  
 Finish:  
 Drill:  
 Misc Info:

**ELBOW FLEXION EXTENSION**

With sling removed, bend your elbow upwards as shown and then lower to a straighten position.

Repeat: 10 Times  
 Hold: 0 Seconds  
 Complete: 3 Sets  
 Perform: 3 Time(s) a Day

**SLING - WRIST FLEXION EXTENSION**

Bend your wrist up and down as shown while your arm is in the sling.

Exercise can be completed while the arm is in or out of the sling.

Repeat: 10 Times  
 Hold: 0 Seconds  
 Complete: 3 Sets  
 Perform: 3 Time(s) a Day

**SLING - PRONATION SUPINATION**

While in the sling, rotate your forearm so that your palm is directed upward and then downward as shown.

Exercise can be completed while the arm is in or out of the sling.

Repeat: 10 Times  
 Hold: 0 Seconds  
 Complete: 3 Sets  
 Perform: 3 Time(s) a Day

Spec Info: Need ASAP