

McLaren Print System Order

Order No: 48782
 Order Date: 2019-09-20
 User: Cindy Weller
 Phone: 810-342-4289

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

Brochures
 Quantity: 100
 Paragon Dept No: 23030
 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: