

**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.

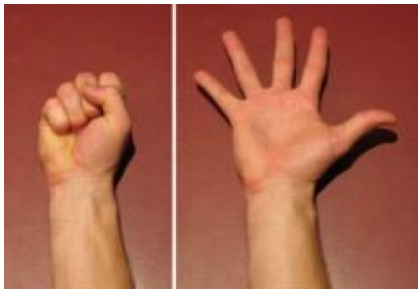
Repeat **10 Times**
Hold **0 Seconds**
Complete **3 Sets**
Perform **3 Time(s) a Day**

**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**



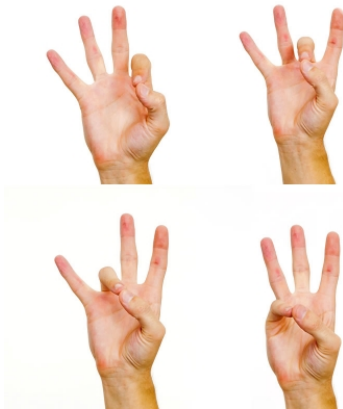
Finger Abduction

Start with a fist then spread fingers out as far as they will go

Repeat

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**



FINGER OPPOSITION COMBO

Touch the tip of each finger to the tip of the thumb.

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**