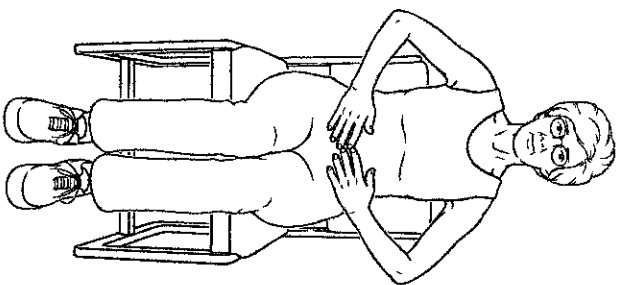


ARTHRITIS - 1 Deep Breathing

Place hands on stomach and take a deep breath, filling diaphragm. Feel hands move out. Exhale fully and feel hands move in.

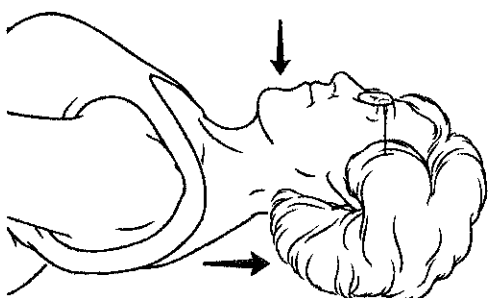


Repeat deep breaths _____ times.
Do _____ sessions per day.

ARTHRITIS - 2 Axial Extension (Chin Tuck)

Gently pull chin in while lengthening back of neck.

Hold _____ seconds while counting out loud.

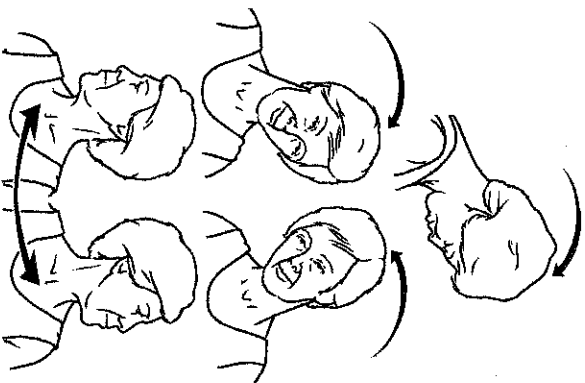


Repeat _____ times.
Do _____ sessions per day.

ARTHRITIS - 3 Head Motion

Gently bring head forward, return. Tilt side to side, return. Turn head to right, return, then to left.

Make all moves as far as possible. If you feel pain, do not move so far. If you feel fatigue, cut exercise repetitions in half.

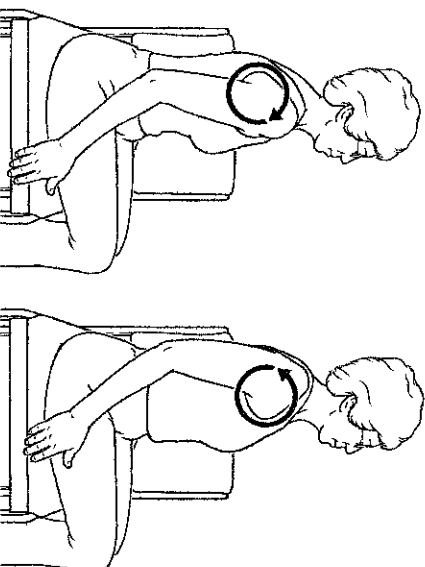


Repeat _____ times.
Do _____ sessions per day.

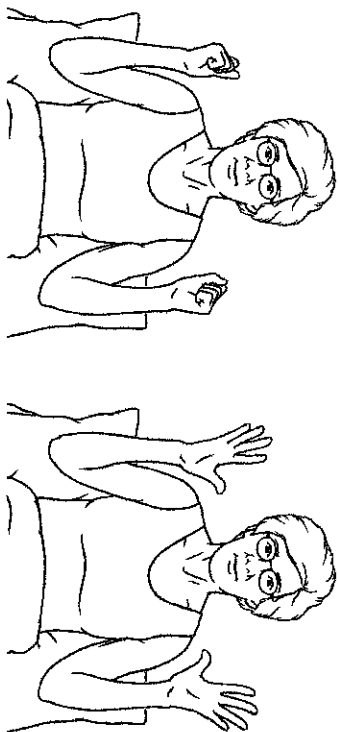
ARTHRITIS - 4 Shoulder Circle

Move shoulders up and around in a circle, forward and then backward.

Repeat _____ times. Do _____ sessions per day.



ARTHRITIS - 5 Fister



Stretch fingers apart as far as possible. Close them tightly to make a fist.

Repeat _____ times. Do _____ sessions per day.

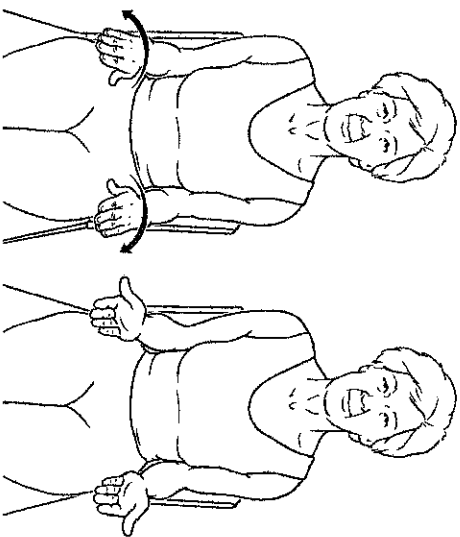
ARTHRITIS - 6 Wrist Bend

Bend wrists to move hands down then up and out as far as possible.



Repeat _____ times.
Do _____ sessions per day.

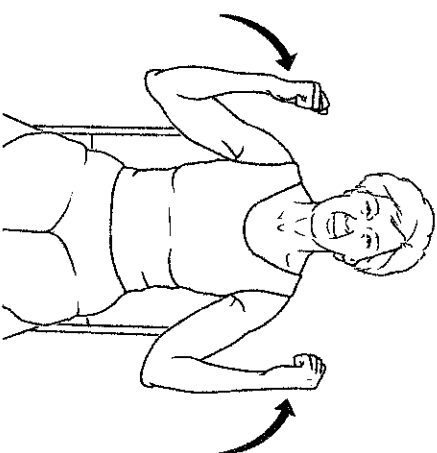
ARTHRITIS - 7 Palm Turn



With elbows bent, turn palms up then down.

Repeat _____ times. Do _____ sessions per day.

ARTHRITIS - 8 Elbow Bend



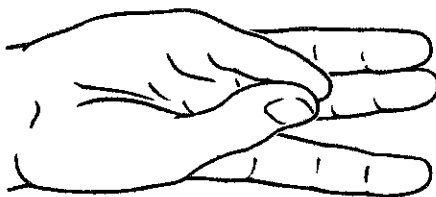
Straighten elbows, then make fists and bend elbows so fists point toward shoulders.

Repeat _____ times. Do _____ sessions per day.

HAND - 11 Finger Opposition

Actively touch right thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion and coordination improve. Be sure to touch each fingertip.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



HAND - 10 AROM: Thumb Abduction / Adduction

Actively pull right thumb away from palm as far as possible. Hold _____ seconds. Then bring thumb back to touch fingers. Try not to bend fingers toward thumb.

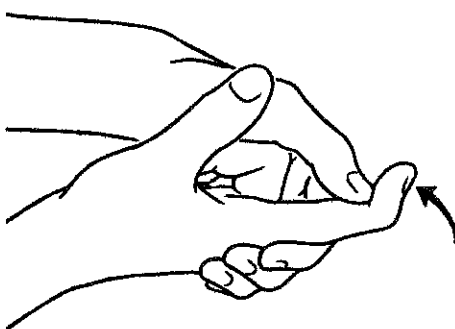
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



HAND - 6 AROM: DIP Flexion / Extension

Pinch middle knuckle of _____ finger of right hand to prevent bending. Bend end knuckle until stretch is felt. Hold _____ seconds. Relax. Straighten finger as far as possible.

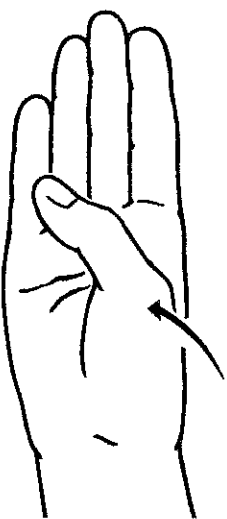
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



HAND - 9 AROM: Thumb Flexion / Extension

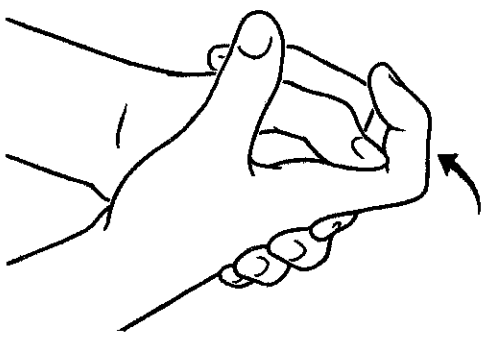
Actively bend right thumb across palm as far as possible. Hold _____ seconds. Relax. Then pull thumb back into hitchhike position.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



HAND - 7 AROM: PIP Flexion / Extension

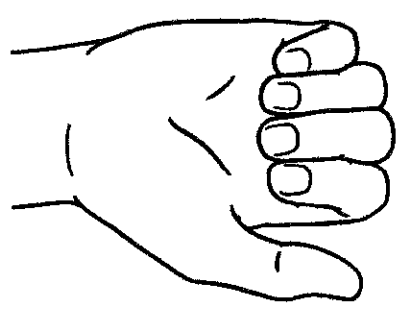
Pinch bottom knuckle of _____ finger of right hand to prevent bending.
Actively bend middle knuckle until stretch is felt.
Hold _____ seconds. Relax.
Straighten finger as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 8 AROM: Finger Flexion / Extension

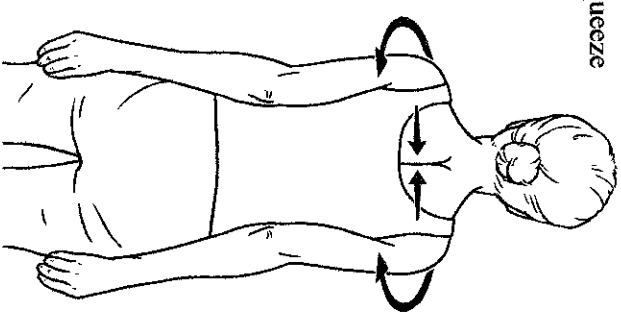
Actively bend fingers of right hand. Start with knuckles furthest from palm, and slowly make a fist. Hold _____ seconds. Relax. Then straighten fingers as far as possible.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

POSTURE - 7 Shoulder Blade Squeeze

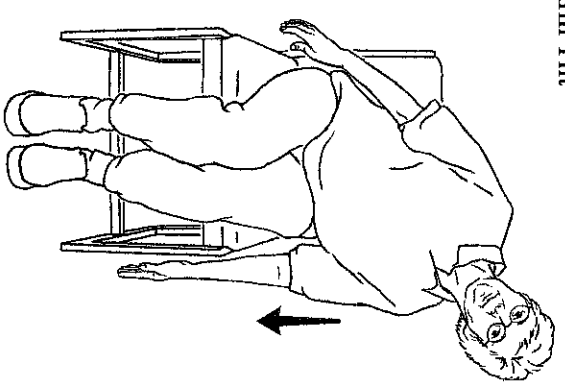
Rotate shoulders back, then squeeze shoulder blades together.



Repeat _____ times.
Do _____ sessions per day.

POSTURE - 8 Two-Sided Arm Tilt

Relax upper body and slowly slide arm toward floor.



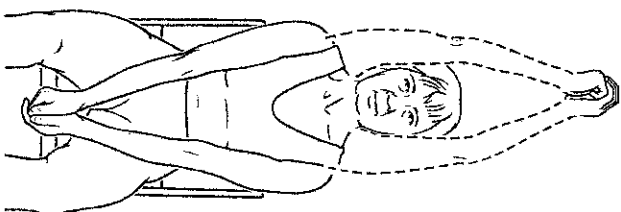
Repeat exercise to other side.

Repeat _____ times.
Do _____ sessions per day.

ARTHRITIS - 9 Arm Extender

Clasp hands and reach both arms up as far as possible without pain. Try to keep shoulders down.

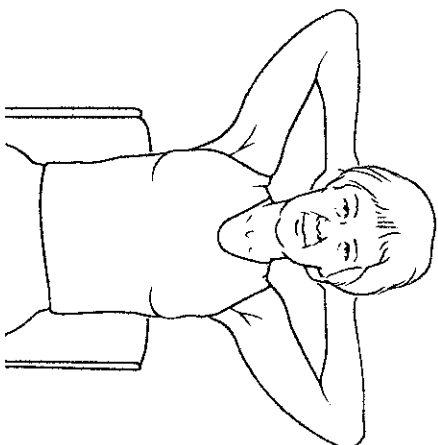
Repeat _____ times.
Do _____ sessions per day.



ARTHRITIS - 10 Elbow Back

Place hands behind head and gently bring elbows back.

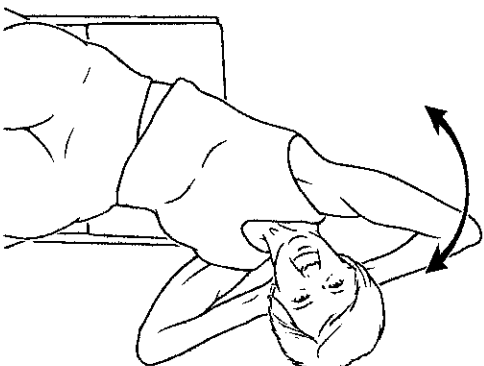
Repeat _____ times.
Do _____ sessions per day.



ARTHRITIS - 11 Trunk Tilt

With hands behind head, gently tilt trunk from side to side as far as is comfortable.

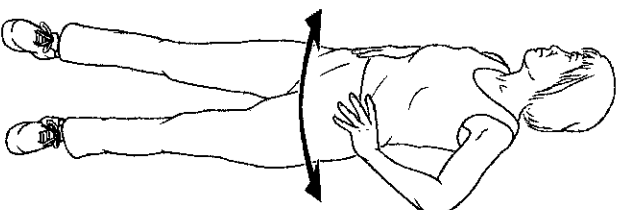
Repeat _____ times.
Do _____ sessions per day.



ARTHRITIS - 12 Trunk Rotator

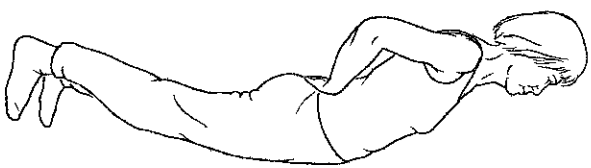
Place hands on hips and gently turn trunk to left and right.

Repeat _____ times.
Do _____ sessions per day.



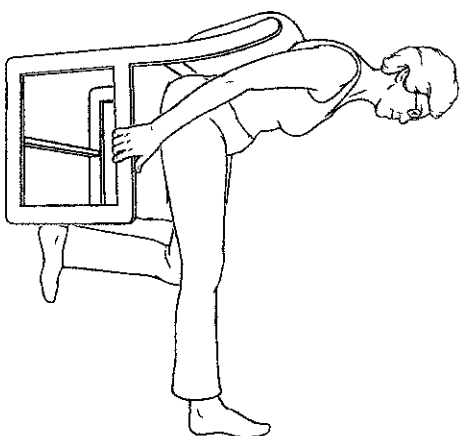
ARTHRITIS - 13 Trunk Extender

Clasp hands in lower part of back and gently arch back.



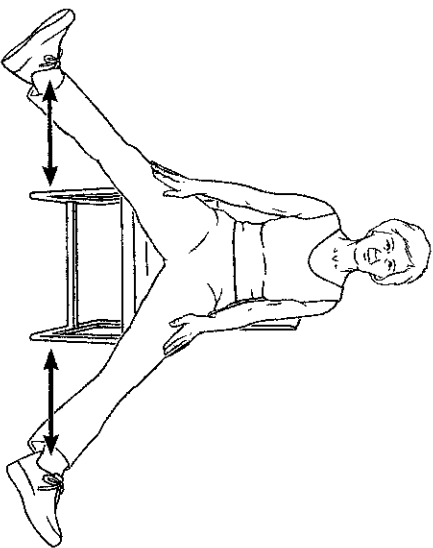
Repeat _____ times.
Do _____ sessions per day.

ARTHRITIS - 14 Knee Straightener



Straighten one leg and then relax it. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

ARTHRITIS - 15 Leg Spreader

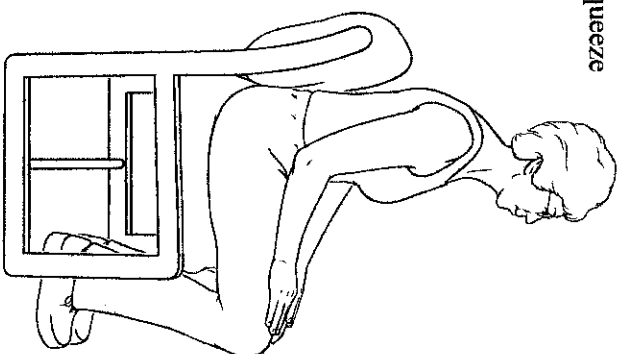


Starting with legs straight in front, move them apart and then together.
Repeat _____ times. Do _____ sessions per day.

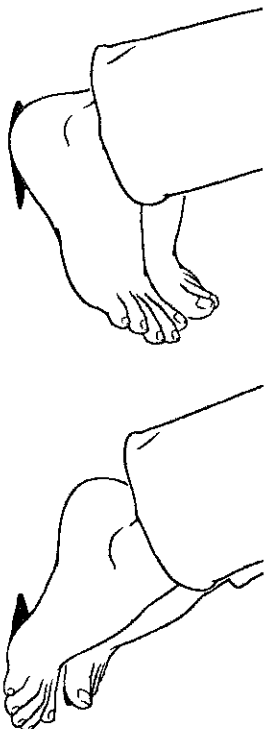
ARTHRITIS - 16 Buttocks Squeeze

Squeeze buttocks and hold _____ seconds while counting out loud.

Repeat _____ times.
Do _____ sessions per day.



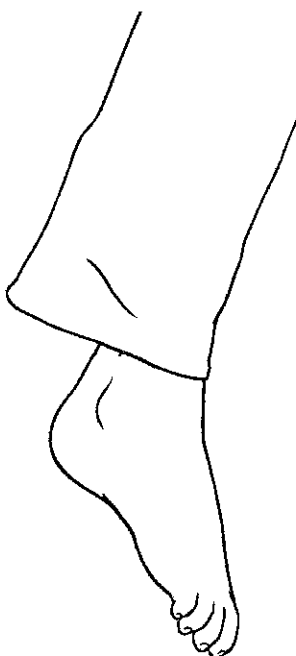
ARTHRITIS - 17 Ankle Bend



Point toes down and then up, bending ankles as far as possible.

Repeat _____ times. Do _____ sessions per day.

ARTHRITIS - 18 Toe Bend



Curl toes under as tightly as possible. Relax. Repeat with other foot.

Repeat _____ times. Do _____ sessions per day.