





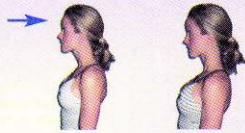
# HAND POWER


## Target Exercises


### SERIES I: STRETCHING

**Scapular ROM Shrugs** 


**Corner Stretch** 

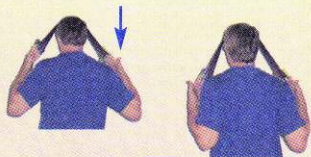
**Cervical Retraction Glide** 

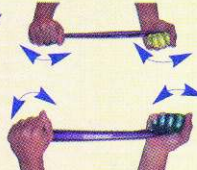
**Wrist / Finger Flexion Stretch** 

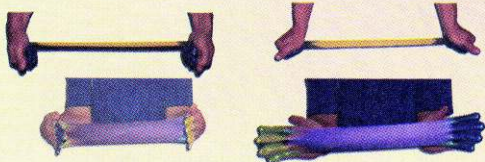
**Composite Fist Full Extension** 


### SERIES II: STRENGTHENING



**Cervical Resistance Retraction** 


**Scapular Depression** 

**Supinate / Pronate** 


**Blade & Fist Extension** 


**Finger Abduction / Isometric Wrist Extension** 

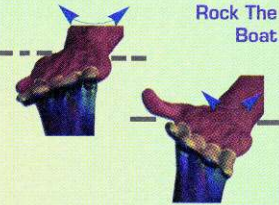
Step 1  Step 2 


Step 3 

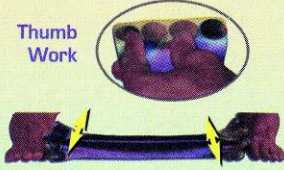
### SERIES III: PROGRESSIVE STRENGTHENING

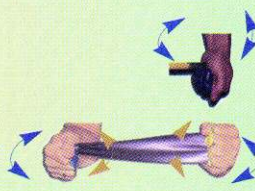
**Finger Glide** 

**Claw to Fan Abduction** 

**Rock The Boat** 

**Finger Crawl** 

**Thumb Work** 

**Wrist Circumduction** 

**Synergy Exerciser:** (circle resistance color) Purple (XL) Blue (L) Red (M) Black (H) Green (XH)

DLX-TRAINER 8 or 15	BALL 22, 55, 65 or 75cm	E-ROM
DLX-SINGLE	PRO-SINGLE	E-CERVICAL
DLX-DOUBLE	PRO-DOUBLE	E-HAND POWER
DLX-SPORT	PRO-SPORT	E-FOOT
DLX-TOTAL BODY	PRO-TOTAL BODY	OTHERS:

**Notes:**

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