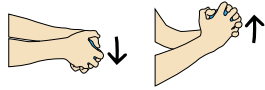


REHABSTUDIO

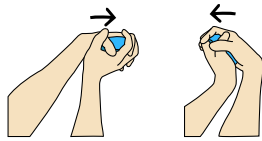
Exercise Library

Hand Exercises

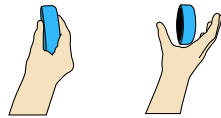
H1: Wrist Flexion



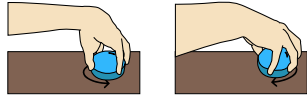
H2: Wrist Deviation



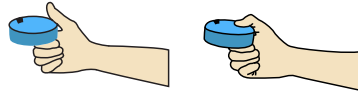
H3: Gripping



H4: Rotation



H5: Key Pinch Grip



Core Exercises

C1: Weight Bearing - Near



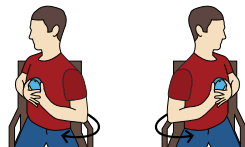
C2: Weight Bearing - Left



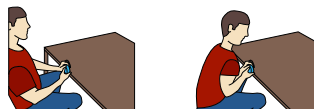
C3: Weight Bearing - Right



C4: Twists

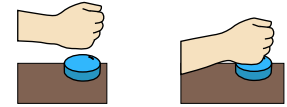


C5: Table Edge Lean

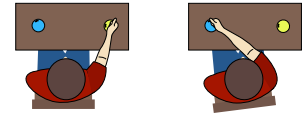


Arm Exercises

A1: Touches



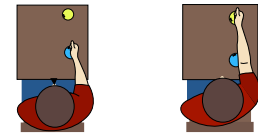
A2: Reach to Target #1



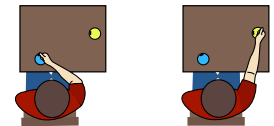
A3: Clapping



A4: Reach to Target #2

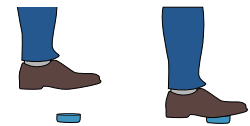


A5: Reach to Target #3



Leg Exercises

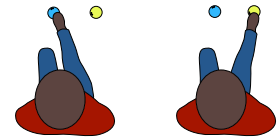
L1: Stomps



L2: Knee Squeeze



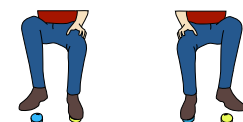
L3: Step to Target #1



L4: Toe Taps

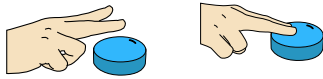


L5: Marching

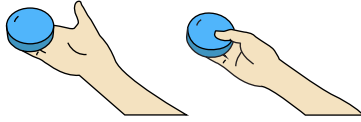


Hand Exercises

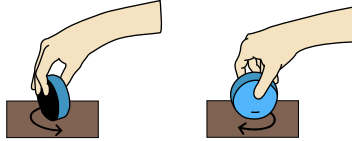
H6: Finger Tapping



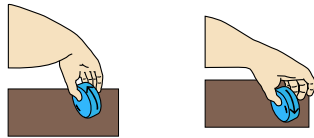
H7: Thumb Opposition



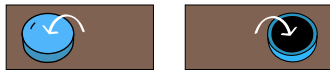
H8: Twisting



H9: Rolling

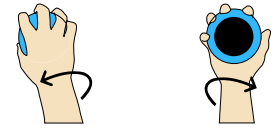


H10: Object Flipping

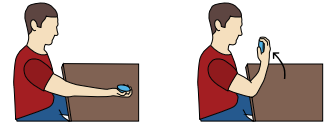


Arm Exercises

A6: Wrist Supination



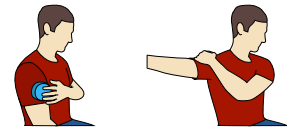
A7: Bicep Curls



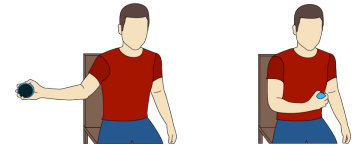
A8: Shoulder Flexion



A9: Shoulder Abduction

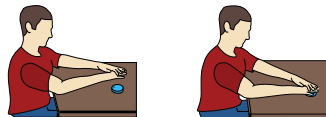


A10: Fly Out

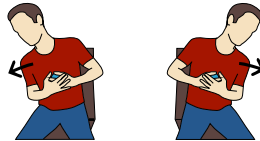


Trunk Exercises

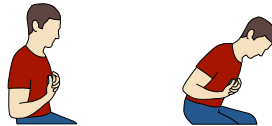
C6: Weight Bearing - Far



C7: Oblique Crunch



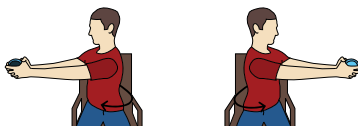
C8: Standard Crunch



C9: Leg Lifts

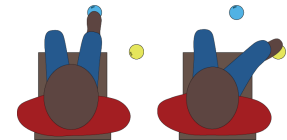


C10: Extended Twists

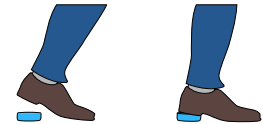


Leg Exercises

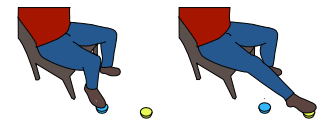
L6: Step to Target #2



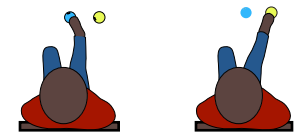
L7: Heel Taps



L8: Step to Target #3



L9: Ankle Rotation



L10: Straight Leg Lifts

