



PowerHands  
REHABILITATION  
EXERCISE WEEK

| DAY | AM               | DT                    | PM |
|-----|------------------|-----------------------|----|
| 1   | BASE TEST<br>+2X | FREE RANGE            | 2X |
| 2   | 2X               | FREE RANGE            | 2X |
| 3   | 3X               | FREE RANGE            | 3X |
| 4   | 2X               | FREE RANGE            | 2X |
| 5   | 2X               | FREE RANGE            | 2X |
| 6   | 3X               | FREE RANGE            | 3X |
| 7   | 3X               | FREE RANGE            | 3X |
| 8   | BASE TEST        | DEPENDING PAIN LIMITS |    |

Each exercise for 30 seconds with the  
injured side hand only



PowerHands  
POWERDAYS  
WEEK 1

| DAY | AM               | DT                    | PM      |
|-----|------------------|-----------------------|---------|
| 1   | BASE TEST<br>+2X | FREE RANGE            | 2X      |
| 2   | 3X               | FREE RANGE            | 3X      |
| 3   | 3X               | FREE RANGE            | 3X      |
| 4   | 2X   1X          | FREE RANGE            | 2X   1X |
| 5   | 2X   1X          | FREE RANGE            | 2X   1X |
| 6   | 2X               | FREE RANGE            | 2X      |
| 7   | 2X               | FREE RANGE            | 2X      |
| 8   | BASE TEST        | DEPENDING PAIN LIMITS |         |

Each exercise for 30 seconds with both  
hands



PowerHands  
POWERDAYS  
WEEK 2

| DAY | AM               | DT                    | PM    |
|-----|------------------|-----------------------|-------|
| 1   | BASE TEST<br>+2X | FREE RANGE            | 2X    |
| 2   | 2X               | FREE RANGE            | 2X    |
| 3   | 3X               | FREE RANGE            | 3X    |
| 4   | REST             | FREE RANGE            | REST  |
| 5   | 2X 1X            | FREE RANGE            | 2X 1X |
| 6   | 1X 2X            | FREE RANGE            | 1X 2X |
| 7   | 2X 2X            | FREE RANGE            | 2X 2X |
| 8   | BASE TEST        | DEPENDING PAIN LIMITS |       |

Each exercise for 30 seconds with both hands



PowerHands  
POWERDAYS  
WEEK 3

| DAY | AM               | DT             | PM   |
|-----|------------------|----------------|------|
| 1   | BASE TEST<br>+2X | FREE RANGE     | 2X   |
| 2   | 2X               | FREE RANGE     | 2X   |
| 3   | 3X               | FREE RANGE     | 3X   |
| 4   | REST             | FREE RANGE     | REST |
| 5   | 3X               | FREE RANGE     | 3X   |
| 6   | 3X               | FREE RANGE     | 3X   |
| 7   | 2X               | FREE RANGE     | 2X   |
| 8   | BASE TEST        | LAST BASE TEST |      |

To maintain strenght continue to exercise 2 sets of 30 seconds AM&PM each day with both hands, rest mid week.

