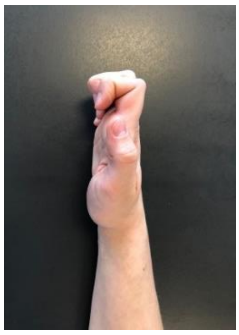
OEFENINGEN NA CARPAL TUNNEL RELEASE/OPERATIE

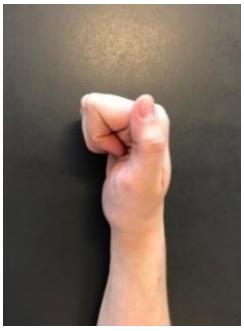
Elke oefening 15x uitvoeren.

Bij start: elke oefening/positie 5 seconden aanhouden
Bij goede souplesse: niet meer aanhouden maar 15x bewegen

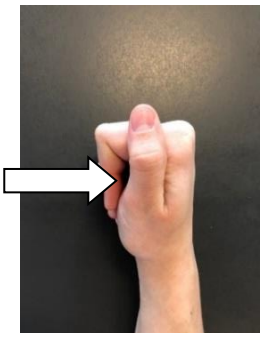
Oefening 1

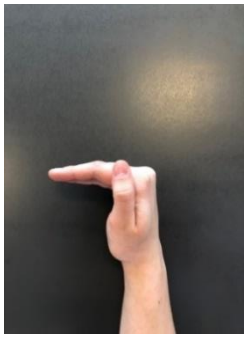


Oefening 2

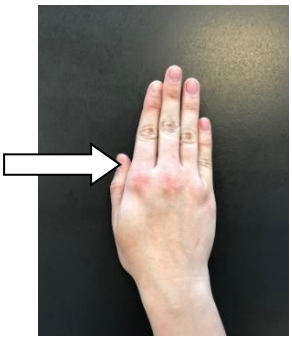


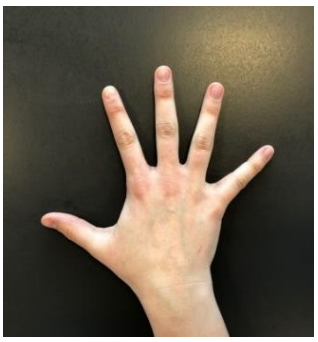
Oefening 3





Oefening 4

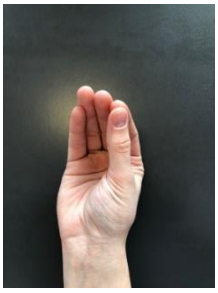


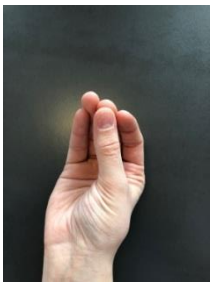


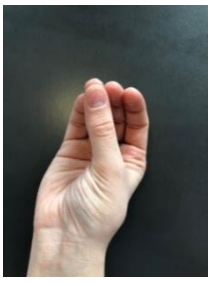
ORTHOPEDIE DELTA

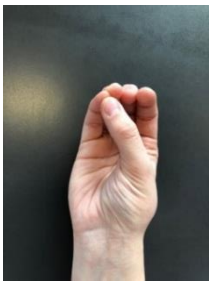
Oefening 5

a. eerste reeks duim op vingertoppen (foto)-tweede reeks duim op eerste gewricht en zo verder
b. met duim glijden van vingertop naar beneden in dezelfde volgorde



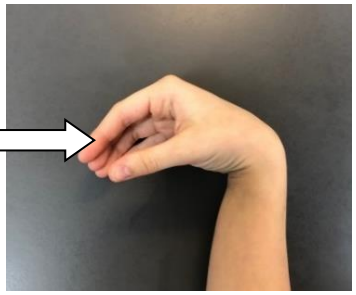


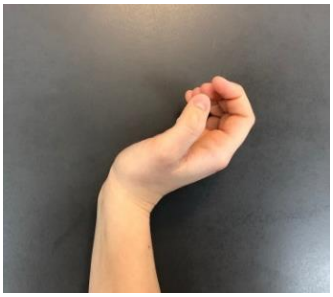




Na 3 dagen

Oefening 6





Oefening 7

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