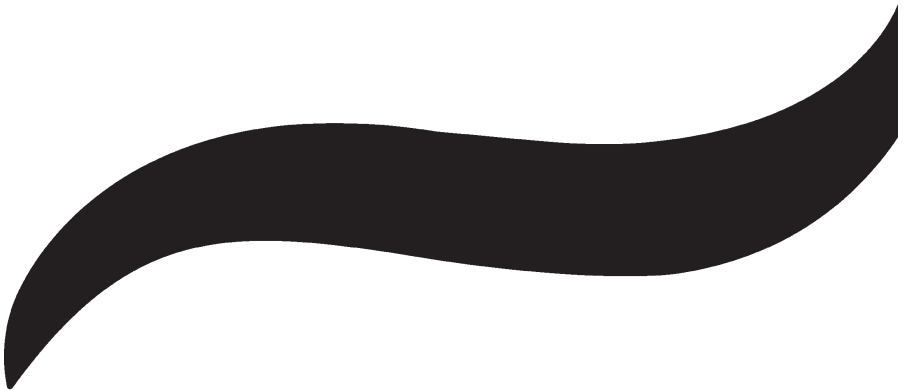




Finger Exercises

Information for Patients
Hand Therapy



FINGER EXERCISES

Always exercise gently and slowly. Hold your position at your end of range (as far as you can move it) for a few seconds, unless you are told otherwise. Discuss any concerns with your therapist.

1. Straighten your fingers fully:



2. Bend the tips of your fingers fully into a hook:



3. Bend your big knuckles (MCP joints) and straighten your middle and top joints (PIPs and DIPs) as if trying to make a “duckbill shape.” Keep your wrist straight:



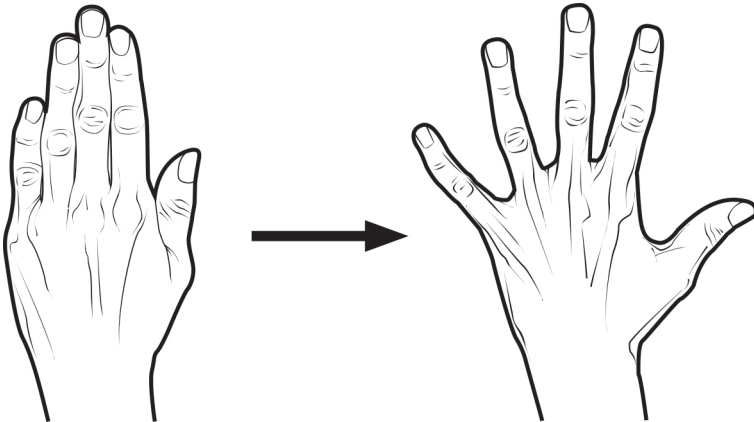
4. Make a flat fist
(keep the tips straight):



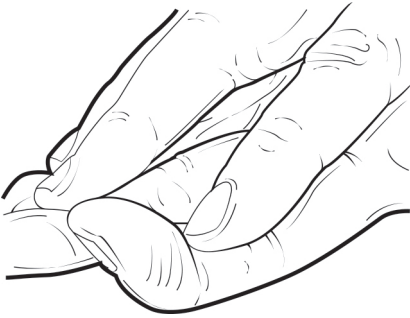
5. Make a full fist:



6. Keep your hand flat on a table and stretch your fingers apart as far as possible. Bring them back together.



7. Bend the tip (DIP)
of your finger:



8. Bend the middle joint
(PIP):



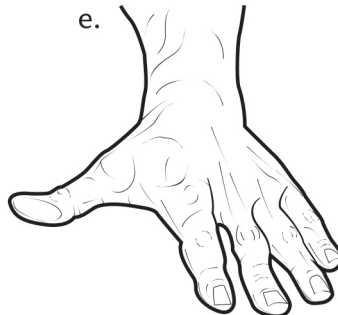
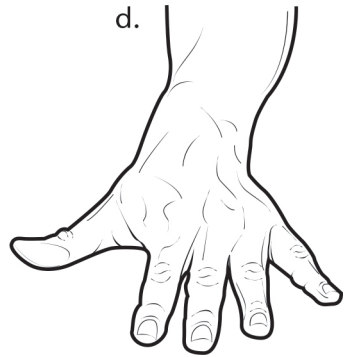
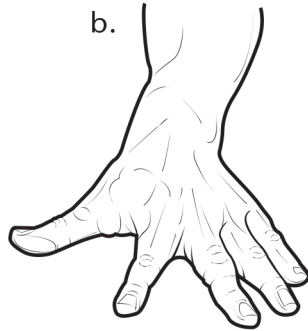
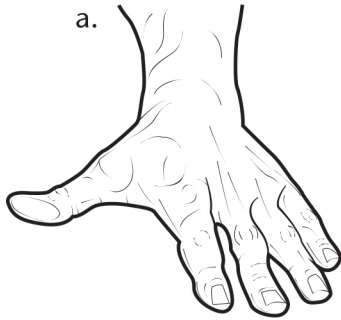
9. Block your knuckles in a bent position using your other hand.
Straighten the other joints in your fingers.
Keep your wrist straight.



10. Place your palm face down on a table and stretch your thumb out to the side.

Slowly walk each finger in the direction of your thumb.

Relax and start again.



PASSIVE FINGER EXERCISES

Passive means that you use your other hand to move your fingers instead of moving your fingers themselves.

11. Bend the knuckle (MCP) joint: 12. Bend the middle (PIP) joint:



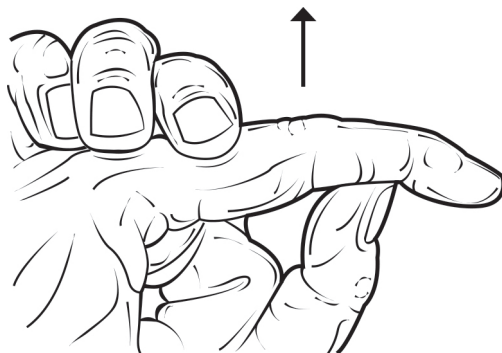
13. Keep your knuckle (MCP) joint in a straight position and then bend the middle (PIP) joint and end (DIP) joint.



14. Stretch all the joints into your palm:



15. Stretch the middle (PIP) joint straight:



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