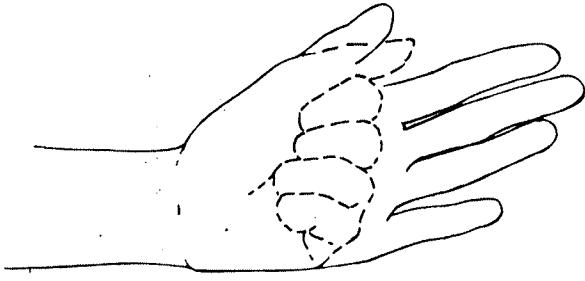


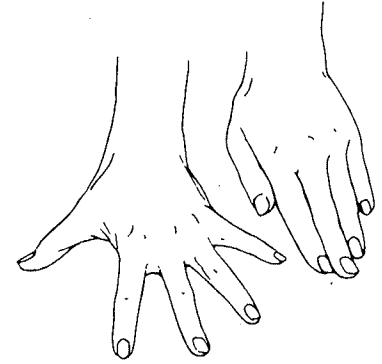
FINGER - 34 Flexor Tendon Gliding (Active Full Fist)



Straighten all fingers, then make a fist, bending all joints.
Repeat 10-20 times. Do 5 sessions per day.

FINGER - 41 Abduction / Adduction (Active)

With hand flat on table, spread all fingers apart, then bring them together as close as possible.

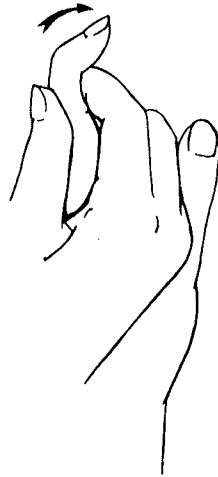


Repeat 20 times.
Do 5 sessions per day.

FINGER - 26 DIP Flexion (Active Blocked)

Hold _____ finger firmly at the middle so that only the tip joint can bend.

Hold 5 seconds.



Repeat 10-20 times.
Do 5 sessions per day.

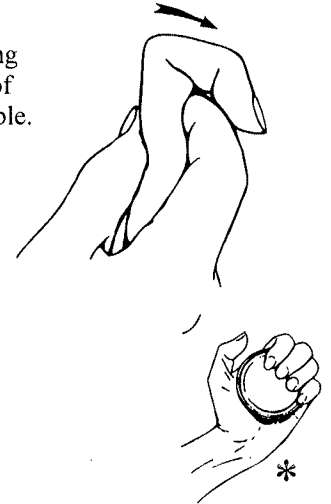
FINGER - 16 PIP Flexion (Active Blocked)

Hold large knuckle straight using other hand. Bend middle joint of _____ finger as far as possible.

Hold 5 seconds.

Repeat 10-20 times.
Do 5 sessions per day.

*Activity: Curl fingers around a jar cap.**



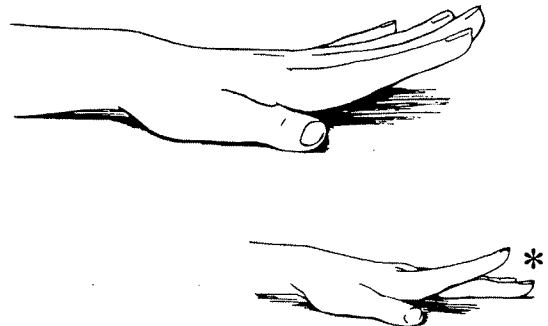
FINGER - 21 PIP Extension (Active)

Hold _____ finger with other hand. Straighten finger fully at middle joint.



Repeat 10-20 times.
Do 5 sessions per day.

FINGER - 9 MP Extension (Active)

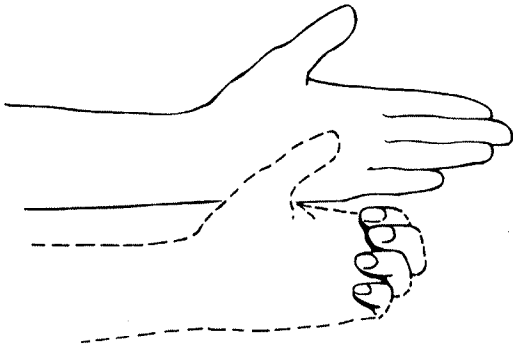


With palm on table, straighten fingers completely at large knuckles, and lift fingers off table. Hold 5 seconds.

Repeat 20 times. Do 5 sessions per day.

*Activity: Tap fingers one at a time on table.**

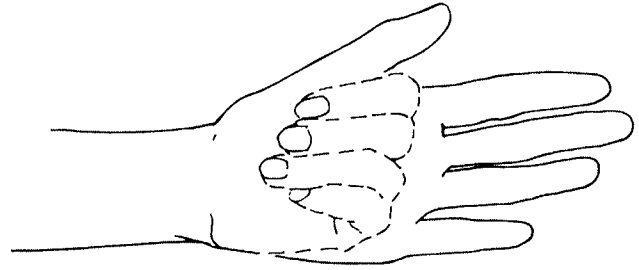
FINGER - 33 Flexor Tendon Gliding (Active Hook Fist)



With fingers and knuckles straight, bend middle and tip joints. Do not bend large knuckles.

Repeat 10-20 times. Do 5 sessions per day.

FINGER - 35 Flexor Tendon Gliding (Active Straight Fist)



Start with fingers straight. Bend knuckles and middle joints. Keep fingertip joints straight to touch base of palm.

Repeat 10-20 times. Do 5 sessions per day.