



HAND

Home Exercises

PASSIVE (Stretching)

Passive motion is when your uninjured hand helps your injured hand to achieve more range.

Passive Finger Flexion (composite)

Use your uninjured hand to help push the big knuckles down and the tips of the fingers in toward the palm. If all fingers are stiff, do each individually.

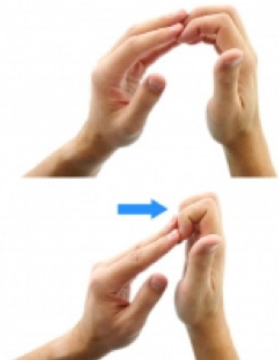
*Hold 30 seconds. Repeat 4 times to each stiff finger.
Do 3 times a day.*



Passive Intrinsic Stretch

Use your non injured hand to push the affected finger(s) in and back so that only the top two joints bend.

Hold 30 seconds. Repeat 4 times. Do 3 times a day.



Passive Finger Extension (PIP joint)

Use your non injured hand to gently straighten the affected finger.

Hold 30 seconds. Repeat 4 times. Do 3 times a day



Passive Finger Extension (composite)

Place hands together.

Hold 30 seconds. Repeat 4 times. Do 3 times a day.



ACTIVE

Active motion is when your injured wrist moves without any help from your other hand.

Finger Flexion/Extension

Make a fist. Hold 3 seconds. Straighten fingers fully.

Hold 3 seconds. Repeat 5-10 times. Do 3 times a day.



Isolated DIP (tip) Flexion

Hold the affected finger just below the first crease and bend the tip down.

Hold 3 seconds. Repeat 5-10 times. Do 3 times a day.



Isolated PIP (middle joint) Flexion

Hold the affected finger just below the middle crease and bend the middle and tip joints down.

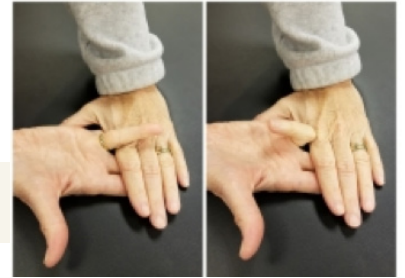
Hold 3 seconds. Repeat 5-10 times. Do 3 times a day.



Isolated FDS Glide

Holding all other fingers back as shown, gently bend the target finger as far as it will go comfortably. Do not strain the finger. The tip of the finger will not bend and that is normal.

Hold 3 seconds. Repeat 5-10 times. Do 3 times a day.

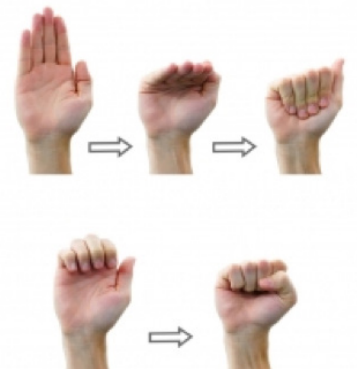


Tendon Gliding

Move from one position into the next.

Hold 3 seconds. Repeat 5-10 times. Do 3 times a day.

1. Start with fingers straight
2. Bend only at the big knuckles with the rest of the fingers straight
3. Make a fist with the tips straight – not bending into palm
4. Claw fingers so the big knuckles are not bent
5. Full fist



Finger Abduction/Adduction

With hand flat on table, spread fingers apart. Hold 3 seconds. Squeeze fingers together.

Hold 3 seconds. Repeat 5-10 times. Do 3 times a day.

