

*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

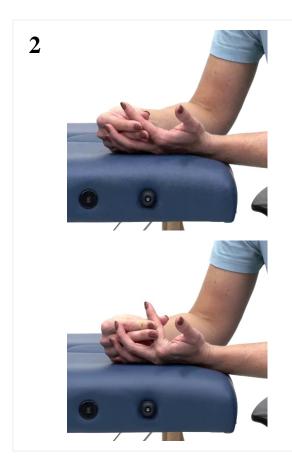
*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.



Finger Flexion PIP PROM (Time Based)

Grab your affected finger with the thumb of your non affected hand on the pad side of the finger just above the main knuckle where your finger attaches to your hand and your middle finger on the back of the main knuckle, keeping that knuckle straight. Use your index finger to bending your first knuckle over your thumb. Move only into an area of mild discomfort. Hold and repeat.

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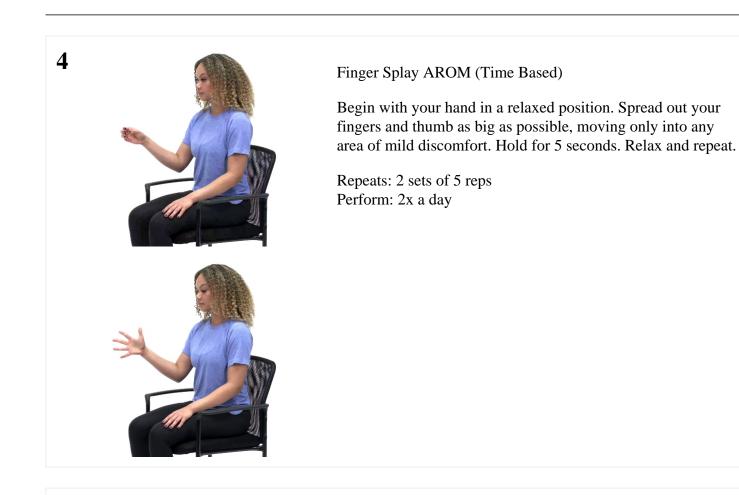
Finger Flexion MCP PROM (Time Based)

Grab your affected finger with the thumb of your non affected hand on the palm side just below the main knuckle where your finger attaches to your hand and your index finger on the back just above the main knuckle. Pull your finger forward with your index finger, bending the main knuckle over your thumb. Move only into an area of mild discomfort. Hold and repeat.

Repeats: 2 sets of 5 reps Perform: 3x a day

Finger Flexion DIP PROM (Time Based)

Grab your affected finger with the thumb of your non affected hand on the pad side of the finger just above the first knuckle and your middle finger on the back of the first knuckle, keeping that knuckle straight. Use your index finger to pull the tip forward, bending the last knuckle over your thumb. Move only into an area of mild discomfort. Hold and repeat.





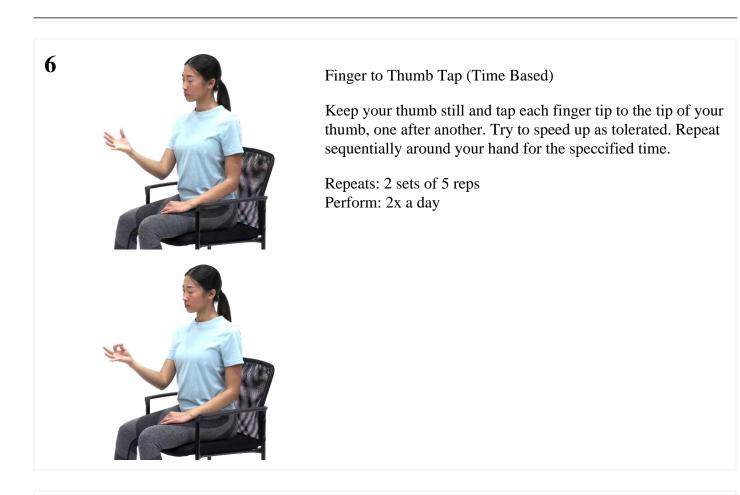




Finger to Thumb Pinch Grasp (Time Based)

Bring the tip of your affected finger to meet the tip of your thumb in a pinching fashion. Squeeze to tolerance. Hold for 5 seconds. Relax and repeat.

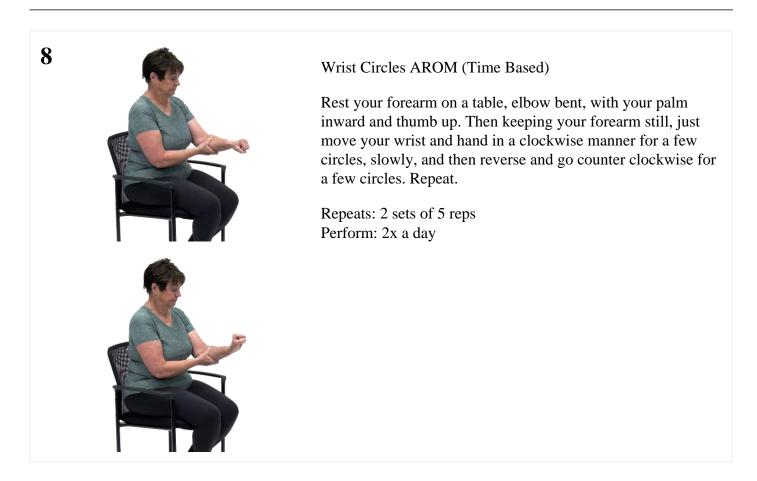
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Wrist AROM Flexion Extension (Time Based)

Sit with elbow bent and forearm supported on table with hand and wrist off the table palm down (or replicate this in standing position with elbow bent). Simply bend the affected wrist up and down slowly.



Please contact your provider with questions regarding your specific home exercise program.