

*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.

1



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.

Repeats: 2 sets of 5 reps

Perform: 2x a day



2



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

3



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.

Repeats: 2 sets of 5 reps

Perform: 2x a day

4



Finger Splay AROM (Time Based)

Begin with your hand in a relaxed position. Spread out your fingers and thumb as big as possible, moving only into any area of mild discomfort. Hold for 5 seconds. Relax and repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day



5



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.

Repeats: 2 sets of 5 reps

Perform: 2x a day



6



Finger to Thumb Tap (Time Based)

Keep your thumb still and tap each finger tip to the tip of your thumb, one after another. Try to speed up as tolerated. Repeat sequentially around your hand for the specified time.

Repeats: 2 sets of 5 reps

Perform: 2x a day



7



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.

Repeats: 2 sets of 5 reps

Perform: 2x a day



8



Wrist Circles AROM (Time Based)

Rest your forearm on a table, elbow bent, with your palm inward and thumb up. Then keeping your forearm still, just move your wrist and hand in a clockwise manner for a few circles, slowly, and then reverse and go counter clockwise for a few circles. Repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day



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