



Finger Range of Motion & Strengthening Exercises

MP Joint Passive Flexion



Use your unaffected hand to gently bend each finger at the large knuckle. Hold 5 to 10 seconds. Repeat 5 times per finger.

With your hand resting on a table, slide fingers to bend at the large knuckles. Use your unaffected hand to help if needed. Hold 5 to 10 seconds. Repeat 10 times.

MP Joint Passive Extension



Straighten knuckles of each finger using the other hand. Hold for 5 to 10 seconds. Repeat 5 times per fingers.

MP Joint Assistive Flexion



MP Joint Passive Extension



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Lift each finger from the table using the unaffected hand. Hold for 5 to 10 seconds. Repeat 5 times.



PIP Joint Passive Flexion



Use the unaffected hand to bend the middle joint of each finger down as far as possible. Hold for 5 to 10 seconds. Repeat 5 times.

Place your thumb of the opposite hand on the top of the joint and two fingers underneath on the other side to straighten the middle joint of each finger. Hold for 5 to 10 seconds. Repeat 5 times for each finger.

DIP Joint Passive Flexion



Use the other hand to gently bend the top joint of each finger. Hold for 5 to 10 seconds. Repeat 5 times per finger.

PIP Joint Passive Extension



DIP Joint Passive Extension



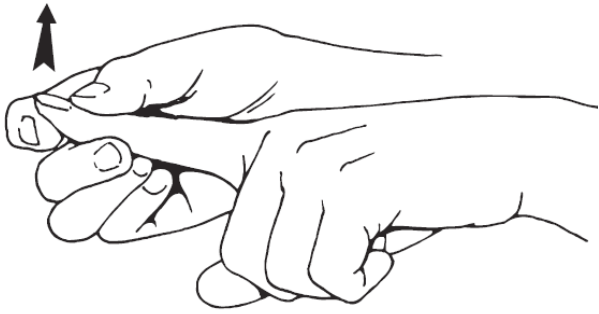
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Use the other hand to straighten the end joint of each finger as shown. Hold for 5 to 10 seconds. Repeat 5 times per finger.