

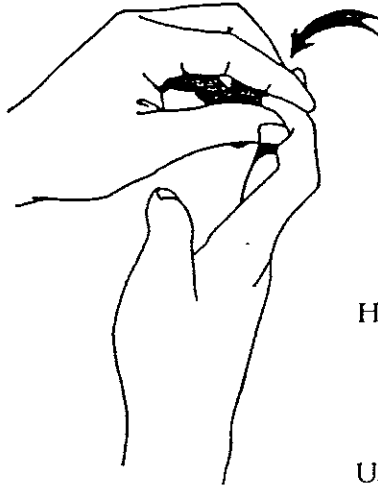
Digits Passive ROM Exercises

HAND - 1

Passive Range of Motion
Finger DIP Joints

Using other hand, passively bend fingers at third row of knuckles until a stretch is felt. Hold ____ seconds. Relax. Straighten fingers out as far as you can.

Repeat ____ times.
Do ____ sessions per day.



HAND - 2

Passive Range of Motion
Finger PIP Joints

Using other hand, passively bend fingers at middle row of knuckles until a stretch is felt. Hold ____ seconds. Relax. Straighten fingers out as far as you can.

Repeat ____ times.
Do ____ sessions per day.

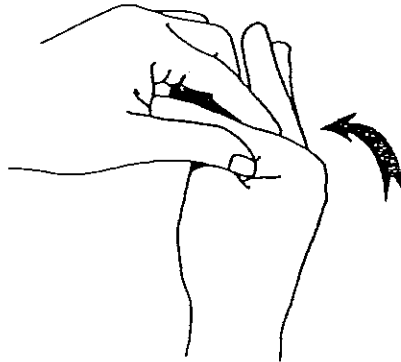


HAND - 3

Passive Range of Motion
Finger MP Joints

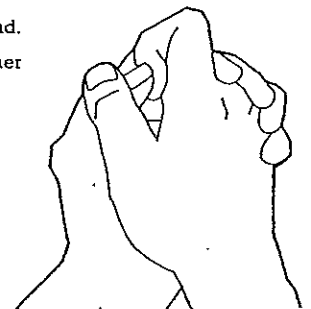
Using other hand, passively bend fingers at first row of knuckles until a stretch is felt. Hold ____ seconds. Relax. Straighten fingers out as far as you can.

Repeat ____ times.
Do ____ sessions per day.



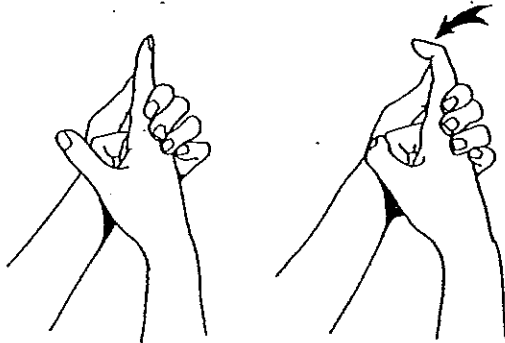
Intrinsic Stretch

- Straighten MPs, curl PIPs and DIPs into the "hook" position.
- Gently stretch with other hand.
- Hold position and remove other hand.



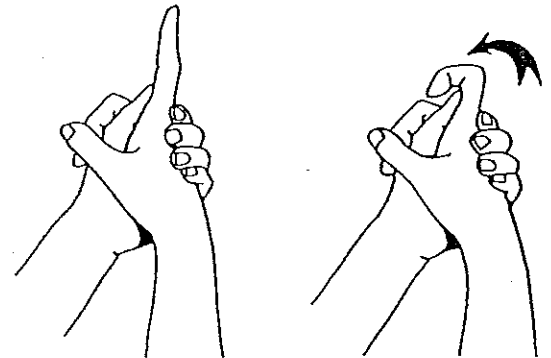
Digits Active and Resistive ROM Exercises

HAND - 6 Active Range of Motion
Active DIP Flexion/Extension



Using fingers of opposite hand, pinch middle knuckle to prevent bending. Bend the end knuckle as far as you can. Hold _____ seconds. Relax. Repeat _____ times.

HAND - 7 Active Range of Motion
Active PIP Flexion/Extension



Using fingers of opposite hand, pinch bottom knuckle to prevent bending. Bend the middle knuckle as far as you can. Hold _____ seconds. Relax. Repeat _____ times.

HAND - 8
Active Range of Motion
Finger Flexion/Extension

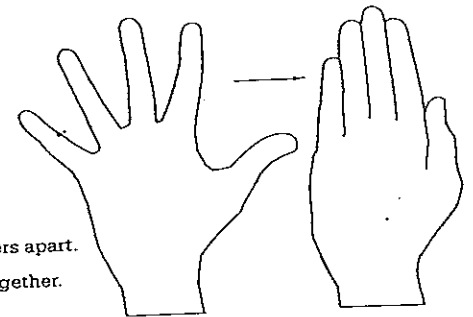
Actively bend fingers of involved hand. Start with knuckles furthest from hand and slowly make a fist.

Hold _____ seconds. Relax. Then straighten fingers out again as far as you can. Repeat _____ times.

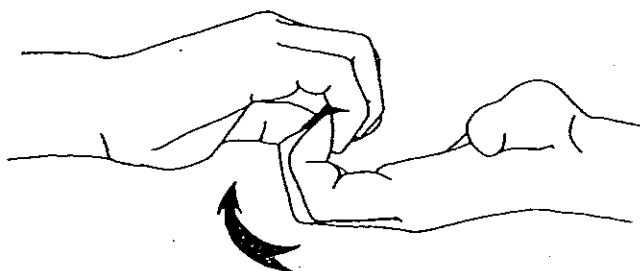


Active
Abduction/Adduction

- Spread fingers apart.
- Then pull together.

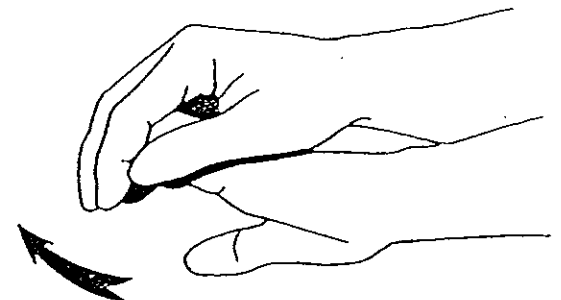


HAND - 27 Active Resistive Finger Flexion



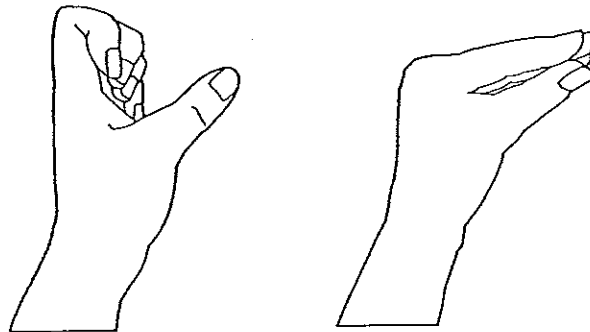
Apply light moderate maximal resistance with opposite hand as you curl fingers of involved hand. Repeat _____ times. Do _____ sessions per day.

HAND - 28 Active Resistive Finger Extension



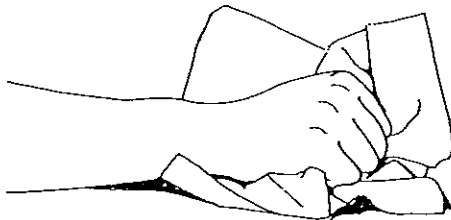
Apply light moderate maximal resistance as you extend fingers from middle knuckles. Repeat _____ times. Do _____ sessions per day.

Intrinsic Minus/Plus Positions



- Straighten MPs and curl both PIPs and DIPs.
- Then bend MPs and straighten PIPs and DIPs.

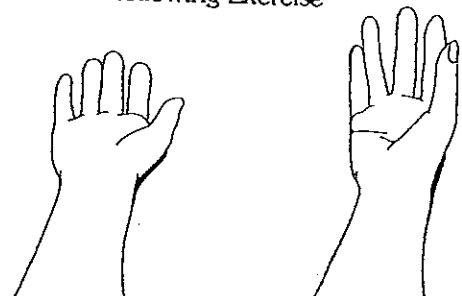
Paper Crumpling Exercise



Begin with palm down on a piece of paper. Maintaining contact to surface with heel of hand, crumple paper into a ball.

Repeat ____ Repetitions/set. Do ____ Sets/session.
Do ____ Sessions/day.

Palm Hollowing Exercise



With hand flat, gently extend fingers and thumb upward to create a hollowing of the palm.

Repeat ____ Repetitions/set. Do ____ Sets/session.
Do ____ Sessions/day.

Towel Roll Squeeze

With forearm resting on surface, gently squeeze towel.

