

Hand Therapy

Finger exercises – passive

Do ____ exercise sessions per day.

Repeat each exercise ____ times.

Hold each position for ____ seconds.

QLD



Extension

Use your other hand to push your fingers straight.



Composite flexion

Use your other hand to bend all three joints of the fingers to make a full fist position.

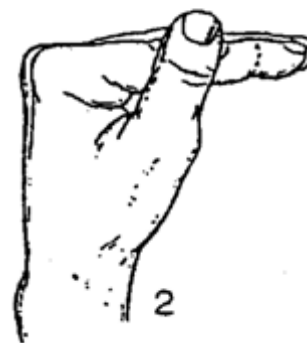


Table top

Use your other hand to bend your big knuckles. Keep your wrist and fingers straight.

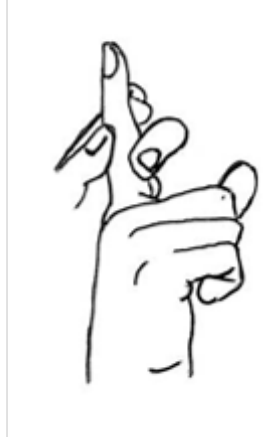


Hook

Keep your big knuckles straight and use your other hand to bend the two end joints.



Finger exercises – passive (continued)



Middle joint extension

Use your other hand to straighten the middle joint of your finger.



Middle joint flexion

Use your other hand to bend the middle joint down.



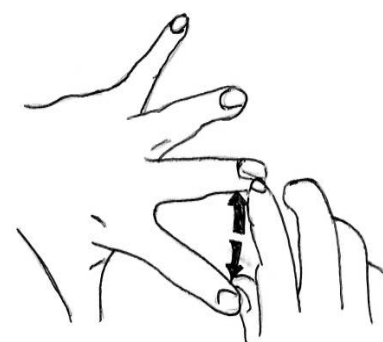
End joint extension

Use your other hand to straighten the end joint.



End joint flexion

Use other hand to push end joint down.



Span

Spread your fingers as wide as possible then using your other hand pull fingers further apart.

Please contact your therapist if you have any questions.

Therapist _____ **Phone Number** _____