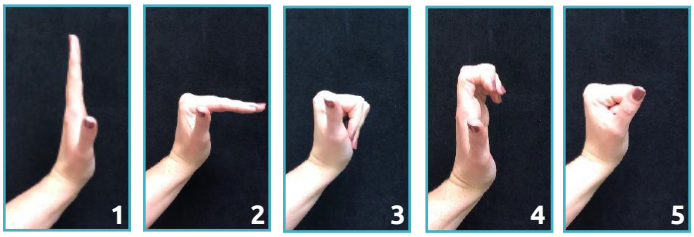
Common Hand and Finger Exercises

ASSH

Recommended frequency: 2 sets of 15 reps; 2-3x/day

Differential Tendon Gliding

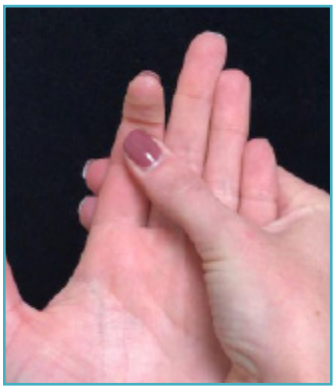


1. Begin with your wrist supported and fingers straight.
2. Bend your bottom knuckles so your fingers are in a table top position. Return to straight.
3. Bend your bottom two knuckles, reach for your palm.
4. Bend your top two knuckles, trying to touch the top of the finger to the bottom. Return to straight.
5. Make a loose fist, thumb out to side. Return straight.

Keep your wrist straight-to-slightly-extended during the exercise. Going through all positions is considered one repetition.

For doctor/therapist use: _____ sets _____ reps _____x/day

DIP Joint Blocking

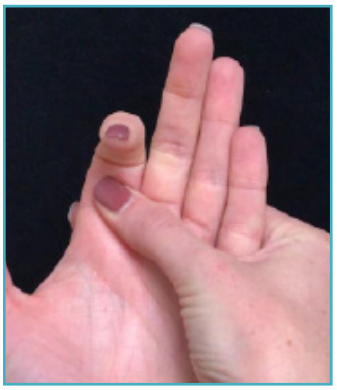


1. Begin with the palm up, supporting your involved hand with your other hand just below the end joint.
2. Bend and straighten the end joint holding each position for 3-5 seconds.

Support the middle joint only enough so it does not bend. It is okay if the other fingers move during this exercise.

For doctor/therapist use: _____ sets _____ reps _____x/day

PIP Joint Blocking

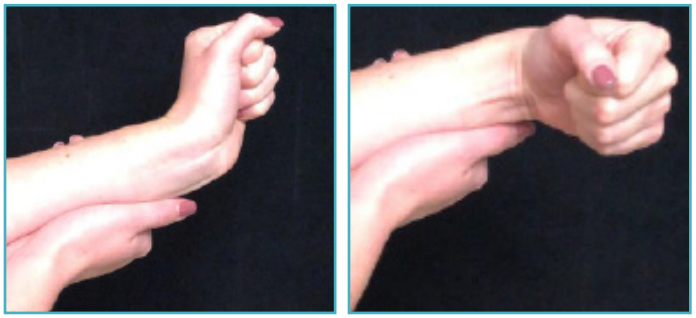


1. Begin with the palm up, supporting your involved hand with your other hand just below the second joint.
2. Bend and straighten your finger at the middle joint. Hold each position for 3-5 seconds.

It is okay if the other fingers move as well.

For doctor/therapist use: _____ sets _____ reps _____x/day

Wrist Flexion and Extension



1. Begin by supporting involved forearm with opposite hand.
2. Keep your fingers relaxed in a light fist, and slowly bend your wrist back and forth.

For doctor/therapist use: _____ sets _____ reps _____x/day

Wrist Circumduction- Alphabet Writing

1. Begin by supporting your forearm with your opposite hand just below your wrist. You can rest your elbow on a table for added support.
2. Keep your fingers in a loose fist.
3. Practice writing the capital letters of the alphabet in the air with the movement coming from your wrist

As the movement becomes easier, the letters become smaller and more precise.

For doctor/therapist use: _____ sets _____ reps _____x/day

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