

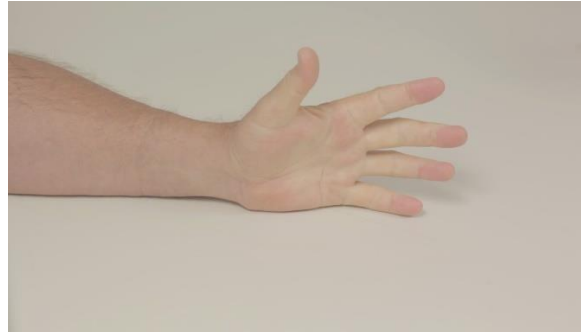


Things to keep in mind while you exercise:

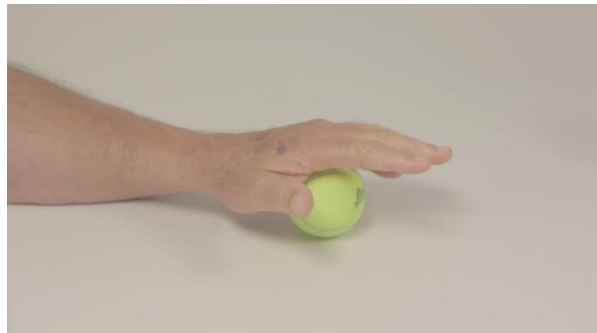
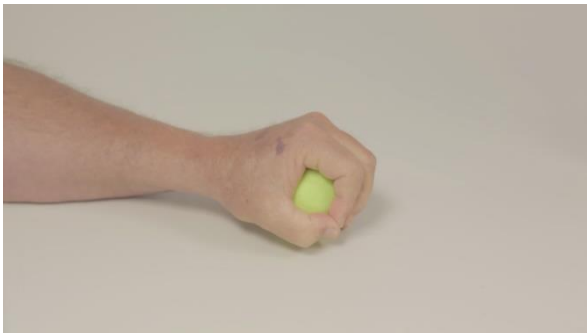
- Hold each exercise for two-three seconds
- Complete 3 sets of 10 repetitions

Flexion and Extension Gross Grasp

Keep wrist straight. Make a fist and hold. Straighten fingers out and hold.



The following pictures are exercises to increase difficulty for flexion and extension gross grasp.





Finger Abduction and Adduction

Keep fingers and wrist flat on the table. Spread fingers apart and hold. Pull fingers back together and hold.



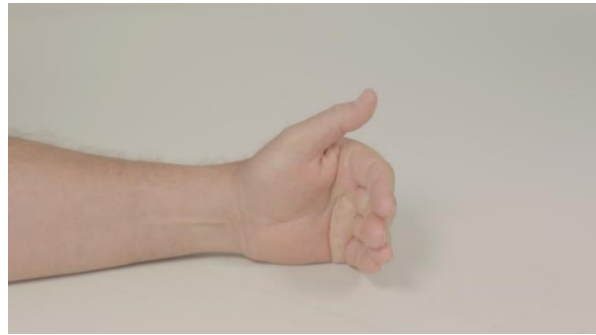
The following pictures are exercises to increase difficulty for finger abduction and adduction.





AROM MP extension to intrinsic plus positioning

Curl ends of fingers while keeping wrist and first set of knuckles straight. Hold. Push fingers out and into a sock puppet position with fingers flat. Hold.



The following pictures are exercises to increase difficulty for MP extension.



Putty Gross Grasp

Squeeze hand into a fist. Dig fingertips into putty and hold.





Putty Lateral Pinch

Pinch along putty with the pad of thumb against the side of the index finger. Complete 5 sets of pinches.



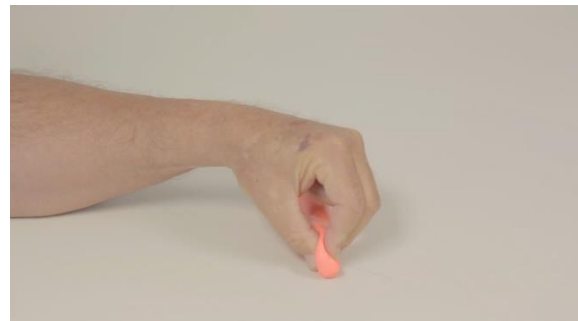
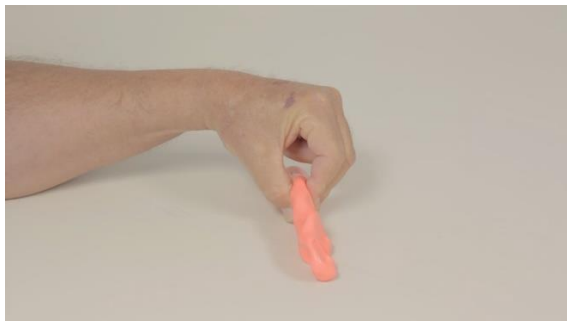
Putty Two Point Pinch

Pinch along putty with pad of thumb against pad of index finger. Complete 5 sets of pinches.



Three Point Pinch

Pinch along putty by bringing the thumb, index, and middle fingers together. Complete 5 sets of pinches.





Lumbrical Pull Apart

Pull putty apart with all five fingers of both hands in sock puppet position.

