



Things to keep in mind while performing stretches:

- Don't force stretch past point of resistance.
- Move joint slow but steady to avoid increased pain or spasticity.
- If muscles are tight or motion is limited, hold for full 60 seconds.
- Do not push into pain.

MCP PIP to DIP Flexion

Hold finger above and below large knuckle. Bend finger down and hold.



Keep finger bent and slide hand down to middle knuckle. With hand above middle knuckle, bend finger down and hold. Keep large and middle knuckle bent, slide hand down to fingertip, bend down, and hold.



MCP Extension

Stabilize wrist and palm while keeping fingers free. Hold finger between large and middle knuckle using other hand. Lift finger up and hold. Repeat on each finger.



PIP & DIP Extension

Grasp the finger above and the hand below the middle knuckle using both hands. Gently straighten the middle knuckle and hold. Move hand from middle knuckle to fingertip. Straighten fingertip and hold. Repeat on each finger.

**Thumb CMC, MP, IP Flexion**

Stabilize hand at base of thumb. Push thumb towards the palm and hold.



Use other hand to bend large knuckle and hold. Slide the hand to tip of thumb, bend fingertip down and hold.

**Thumb Palmar Abduction**

Hold base of thumb below large knuckle. Pull thumb down away from palm and hold.

