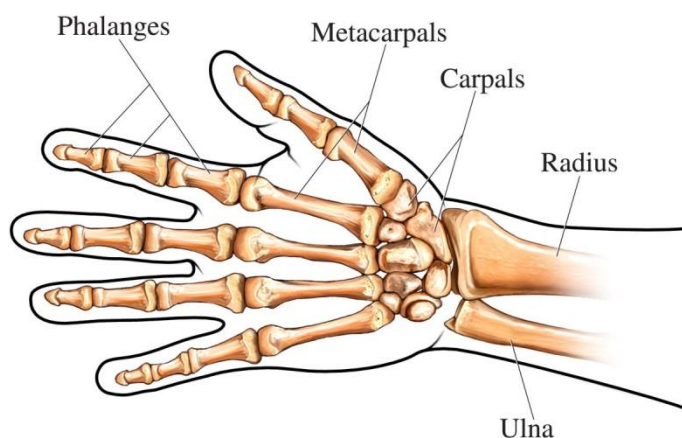


Introduction

These exercises are for use at home following instruction by a member of your healthcare team. When performed as directed, these exercises help increase the strength of the muscles and the range of motion of the joints in your hand.

Please complete each exercise slowly and smoothly.



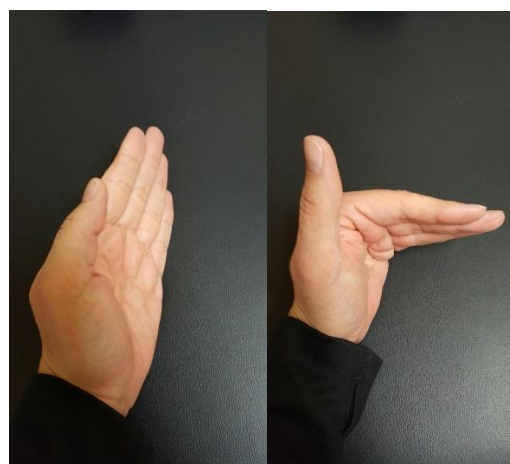
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Base Joint Flexion

1. Straighten your wrist and point your fingers and thumb upward.
2. Bend the base joints (knuckles) of your fingers while keeping the end and the middle joints and your wrist straight, forming a "tabletop."
3. Hold for 3 seconds.
4. Relax for 3 seconds.

Do 10-30 repetitions.

Do this exercise 5 times a day.

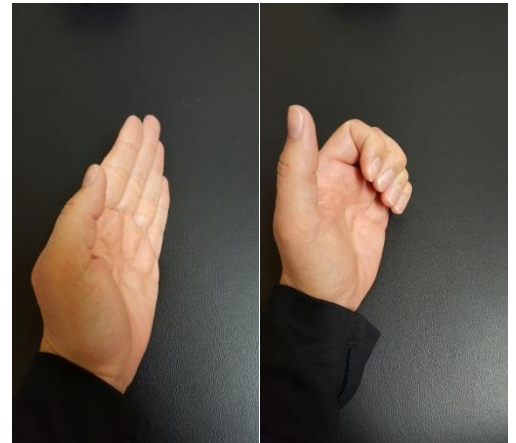


Middle and End Joint Flexion

1. Straighten your wrist and point your fingers and thumb upward.
2. Bend the end and the middle joints of your fingers while keeping the base joints (knuckles) and your wrist straight.
3. Hold for 3 seconds.
4. Relax for 3 seconds.

Do 10-30 repetitions.

Do this exercise 5 times a day.



Flat Fist

1. Straighten your wrist and point your fingers and thumb upward.
2. Bend the base joints (knuckles) of your fingers and then the middle joints of your fingers to bring your fingertips to the base of your palm.
3. Hold for 3 seconds.
4. Relax for 3 seconds.

Do 10-30 repetitions.

Do this exercise 5 times a day.

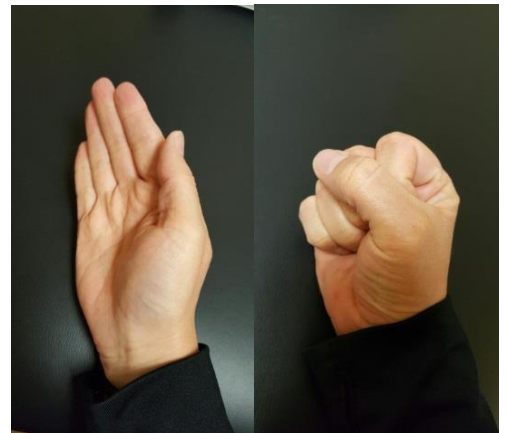


Full Fist

1. Straighten your wrist and point your fingers and thumb upward.
2. Make a fist by bringing your fingers to the middle of your palm and place your thumb against your index and middle fingers.
3. Hold for 3 seconds.
4. Relax for 3 seconds.

Do 10-30 repetitions.

Do this exercise 5 times a day.



Thumb to Finger Opposition

1. Straighten your wrist and point your fingers and thumb upward.
2. Make an "O" by touching your index fingertip to your thumb.
3. Hold for 3 seconds.
4. Relax for 3 seconds.
5. Repeat steps 2, 3, and 4 for each finger.

Do 10-20 repetitions.

Do this exercise 5 times a day.

Finger Abduction and Adduction

1. Straighten your wrist and point your fingers and thumb upward.
2. Spread your fingers and thumb apart.
3. Hold for 3 seconds.
4. Relax for 3 seconds.

Do 10-30 repetitions.

Do this exercise 5 times a day.

MCP Flexion Stretch

1. Use your uninvolved thumb and index finger to grasp the base of the injured finger.
2. Use your uninvolved hand to bend the injured finger at the base down toward palm.
3. Hold for 30 seconds.

Do 3 repetitions.

Do this exercise 5 times a day.

These exercises should not cause pain. If you have pain when doing an exercise, stop the exercise immediately and relax. If the pain goes away, repeat exercise with reduced speed and intensity. If the pain continues, talk with our physician before resuming the exercise.

Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.

