







# Active Finger Exercises

Hold \_\_\_\_ seconds, \_\_\_\_ repetitions, \_\_\_\_ time(s) daily



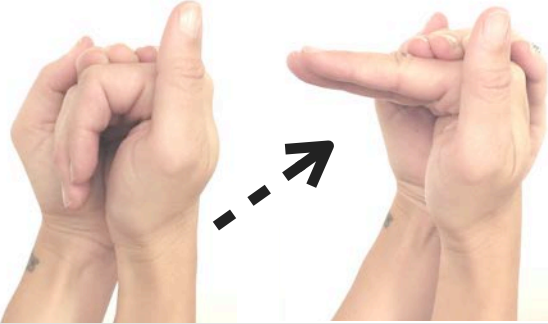



	
<p>1. Bend all knuckles to make a full fist.</p>	<p>2. Bend the middle and tip joints while keeping the large knuckles straight.</p>
	
<p>3. Bend the large and middle knuckles, keeping the end knuckles straight.</p>	<p>4. Straighten the fingers completely and lift the fingers off of the table.</p>
	
<p>5. Lift one finger at a time off of the table.</p>	<p>6. Bend all fingers at the large knuckles while keeping the middle and end knuckles straight.</p>

# Active Finger Exercises, continued.

Hold \_\_\_\_ seconds, \_\_\_\_ repetitions, \_\_\_\_ time(s) daily

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<p>7. Hold the affected hand the large knuckle to prevent bending. Actively bend the middle knuckle.</p>	<p>8. Hold the affected hand at the middle knuckle to prevent bending. Actively bend the end knuckle.</p>
	
<p>9. Hold the affected hand with the large and middle knuckles bent. Straighten the middle knuckle, keeping the large knuckle bent.</p>	<p>10. Keeping the palm flat on the table, try to lift the fingertips up off of the table.</p>
	
<p>11. Spread all the fingers apart.</p>	<p>12. Starting with the fingers spread apart, squeeze the fingers tightly together.</p>