







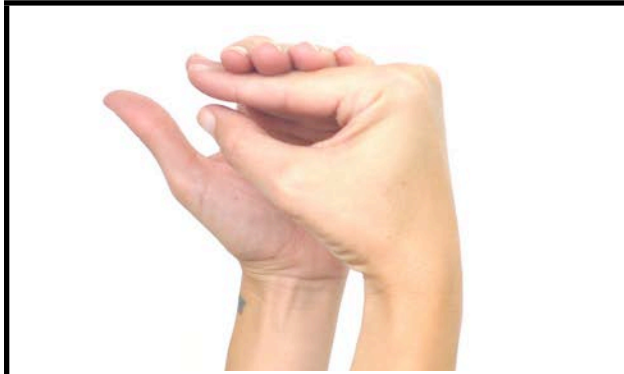





Passive Finger Exercises

Hold ____ seconds, ____ repetitions, ____ time(s) daily

	
<p>1. Bend each individual finger at all three joints.</p>	<p>2. Bend all fingers at all three joints into a full fist.</p>
	
<p>3. Keeping the large knuckle straight, bend fingers into a claw position.</p>	<p>4. Bend the fingers into a flat fist and while keeping the end knuckles straight.</p>
	
<p>5. Lift the fingers up to stretch the large knuckles, while keeping the other knuckles straight.</p>	<p>6. With the hand flat on the table, stretch the fingers into extension and lift up the palm.</p>

Title continued

Hold ____ seconds, ____ repetitions, ____ time(s) daily

	
<p>7. Bend all fingers at the large knuckle.</p>	<p>8. With the hand flat on the table, stretch the middle knuckle over the table's edge.</p>
	
<p>9. Now stretch each end knuckle over the table's edge.</p>	<p>10. Use other hand to straighten the large knuckle.</p>
	
<p>11. Straighten middle knuckle by using other hand's thumb and two supporting fingers underneath.</p>	<p>12. Now straighten the end knuckle.</p>