

FINGER - 26
DIP Flexion (Active Blocked)

Hold _____ finger
firmly at the middle
so that only the
tip joint can bend.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.



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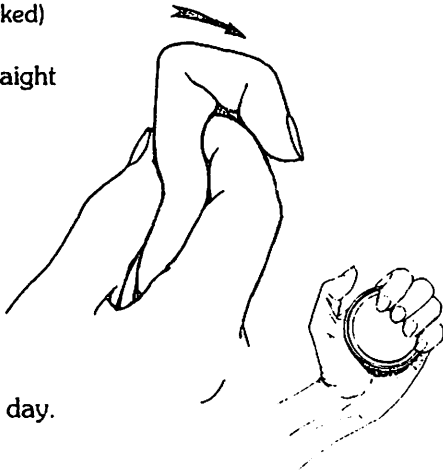
FINGER - 16
PIP Flexion (Active Blocked)

Hold large knuckle straight
using other hand.
Bend middle joint of
_____ finger
as far as possible.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

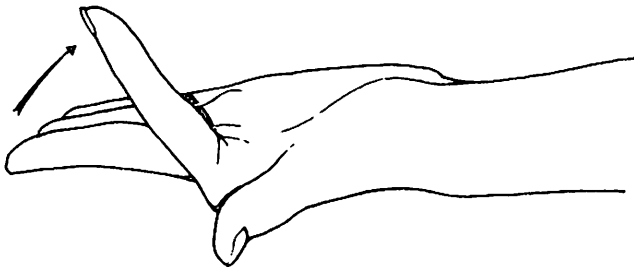


Activity:

Curl fingers around a jar cap.

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FINGER - 4
MP Flexion (Active Isolated)



Hold other fingers straight.
Bend _____ finger at large knuckle. Do not bend tips.
Repeat _____ times. Do _____ sessions per day.

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