

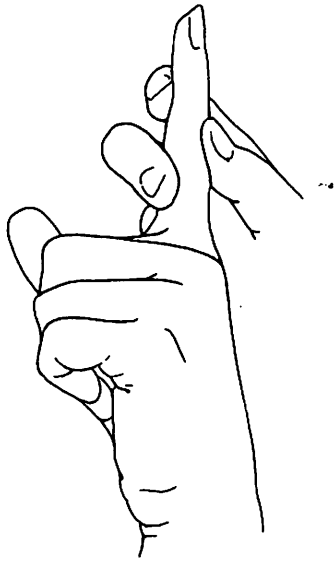
FINGER - 18
PIP Extension (Passive)

Use thumb
of other hand
on top of joint and
two fingers under
on either side to
straighten middle joint
of _____ finger.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.



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FINGER - 21
PIP Extension (Active)

Hold _____ finger
with other hand.
Straighten finger fully
at middle joint.

Repeat _____ times.

Do _____ sessions per day.



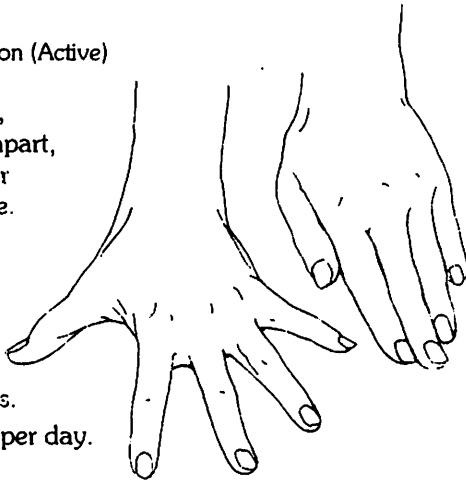
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FINGER - 41
Abduction / Adduction (Active)

Hand flat on table,
spread all fingers apart,
then bring together
as close as possible.

Repeat _____ times.

Do _____ sessions per day.



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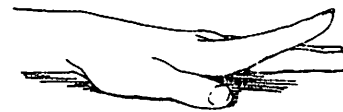
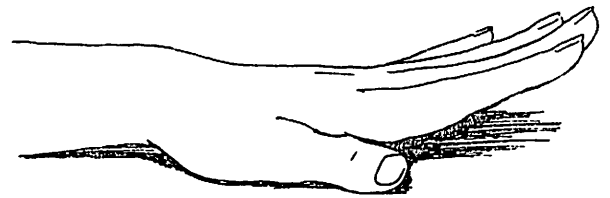
FINGER - 9
MP Extension (Active)

Palm on table, straighten fingers completely
at large knuckles and lift fingers off table.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.



Activit
* Tap fingers one at a time on tab

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