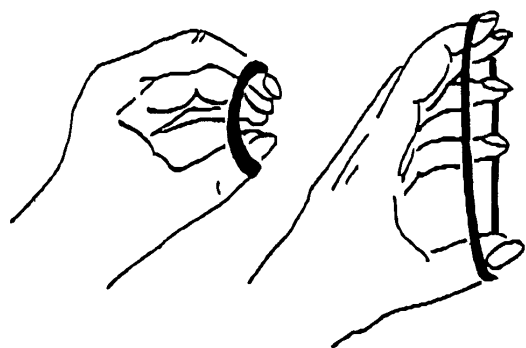
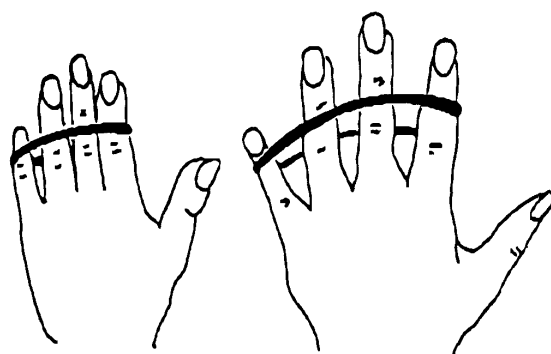


Intrinsic Muscle Strengthening Home Exercise Program

In all exercises, the number of rubberbands is to be increased as strength increases.

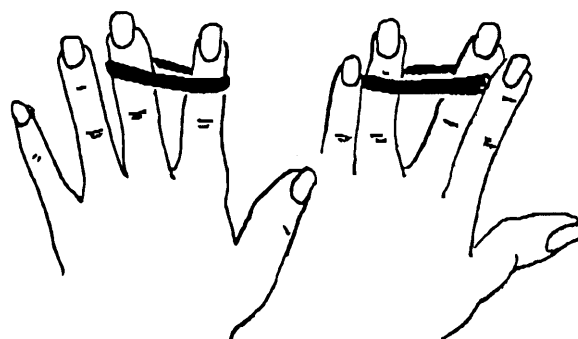
Gross Intrinsic Action

The hand or hands are placed palm(s) down with the rubberband(s) placed around the four fingers of the hand. Spread fingers apart 10 times.



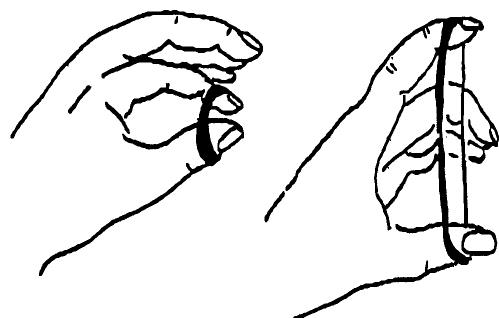
Mass Finger Extension

Place rubberband(s) over the four fingers and thumb held in 5-finger pinch position. Spread fingers away from thumb.



Individual Intrinsic Action

Place rubberband(s) around the index and middle finger of hand (palms down). Spread index and middle fingers apart 10 times. Repeat exercise with other fingers.



Individual Finger Extension

Place rubberband(s) over index finger and thumb, which are held in a relaxed pinch position. Spread finger and thumb apart 10 times. Repeat exercise with each of the other fingers and the thumb.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.