

## Finger and Hand Home Exercise Program

### Finger Extension

1. Place your hand palm up on a flat surface.
2. Slowly straighten your fingers towards the table.
3. Hold for a count of 3. Relax.
4. Repeat \_\_\_\_\_ times.



### Finger Lift

1. Place your hand palm down with fingers straight on a flat surface.
2. Lift your affected finger(s) up and off the table, keeping the finger straight.
3. Hold for a count of 3. Relax. Return to the starting position.
4. Repeat \_\_\_\_\_ times.



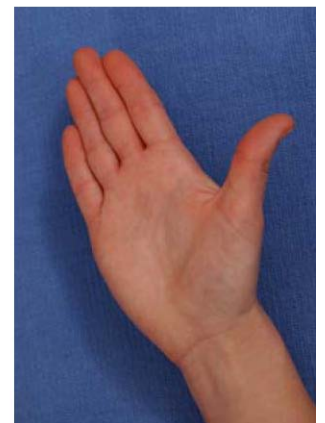
### Finger Extension Exercises

1. Place your hand palm down on a flat surface.
2. Lift your fingers up off the surface keeping them straight.
3. Hold for a count of 3. Relax.
4. Repeat \_\_\_\_\_ times.



### Thumb Spread

1. Spread your thumb away from your hand.
2. Hold for a count of 3. Relax.
3. Bring your thumb back to touch your palm.
4. Repeat \_\_\_\_\_ times.



### Opposition

*Continued*

1. Touch your thumb to the tip of your little finger.
2. Hold for a count of 3. Relax.
3. Now touch your thumb to your ring finger and hold for a count of 3.
4. Continue with other fingers in the same way.
5. Repeat \_\_\_\_\_ times.



### Thumb Rotation

1. Gently move your thumb in a **slow** circle.
2. Make \_\_\_\_\_ circles. Relax.
3. Reverse the direction of the circle.
4. Make \_\_\_\_\_ circles. Relax.
5. Repeat \_\_\_\_\_ times in each direction.



### Thumb Joint Motion

1. Hold the base of your thumb with your other hand.
2. Gently bend the first joint toward your palm.
3. Hold for a count of 3. Relax.
4. Repeat \_\_\_\_\_ times.



### Thumb Joint Tip Motion

1. Hold your thumb so that the first knuckle does not bend (as shown).
2. Gently bend the tip of your thumb.
3. Hold for a count of 3. Relax.
4. Straighten your thumb.
5. Repeat \_\_\_\_\_ times.

