Active Hand Exercises (Six Pack)

1. DIP/PIP Flexion/MCP Extension
   • Bend the first two joints of fingers down.
     
     Hold for __________ seconds.
     
     Do ________ times, ________ times per day.

2. Open/Close Hand
   • Hold your arms out straight in front of your chest.
   • Open your hand and fingers fully.
   • Close your hand and fingers fully.
   • Repeat the above hand movements with your arms straight out at your sides.
   • Repeat the above hand movements with your arms straight up above your head.

     Do ________ times, ________ times per day.
     Get into the habit of doing this exercise routinely throughout the day.

3. Finger Abduction/Adduction
   • Begin with the palm of your hand flat on a table.
   • Spread your fingers as far apart as you can.

     Hold for __________ seconds.

   • Bring your fingers and thumb together.

     Hold for __________ seconds.

     Do ________ times, ________ times per day.
4. **Finger/Thumb Opposition**
   • Pinch your thumb and little finger together as shown.
     Hold for _________ seconds.
   • Repeat with the other fingers.
     Hold for ________ seconds.
     Do ________ times, ________ times per day.

5. **DIP/PIP Extension/Flexion**
   • Bend your knuckle joints of your fingers as shown.
   • Keep the other joints of your finger straight.
     Hold for ________ seconds.
     Do ________ times, ________ times per day.