

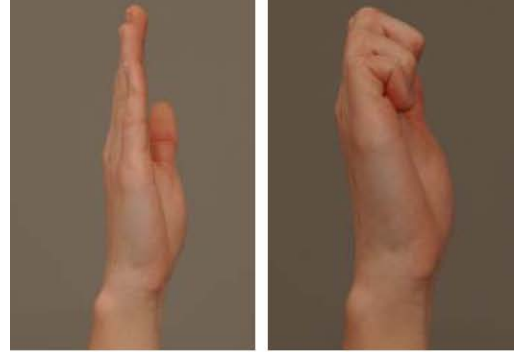
Active Hand Exercises (Six Pack)

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.

