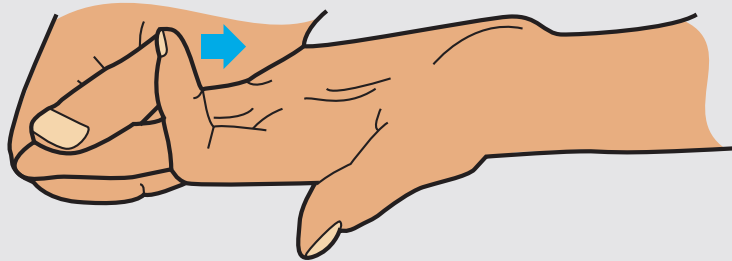


PIP Flexion (Active Isolated)

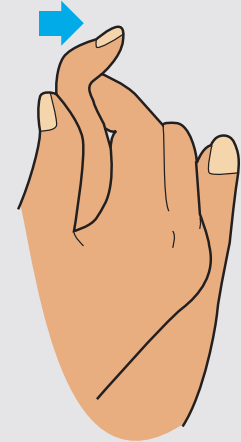
- 1 Bend the unblocked finger, keeping the other fingers straight.



- 2 Straighten the finger again to align with the others.
- 3 Repeat _____ times, _____ per day.

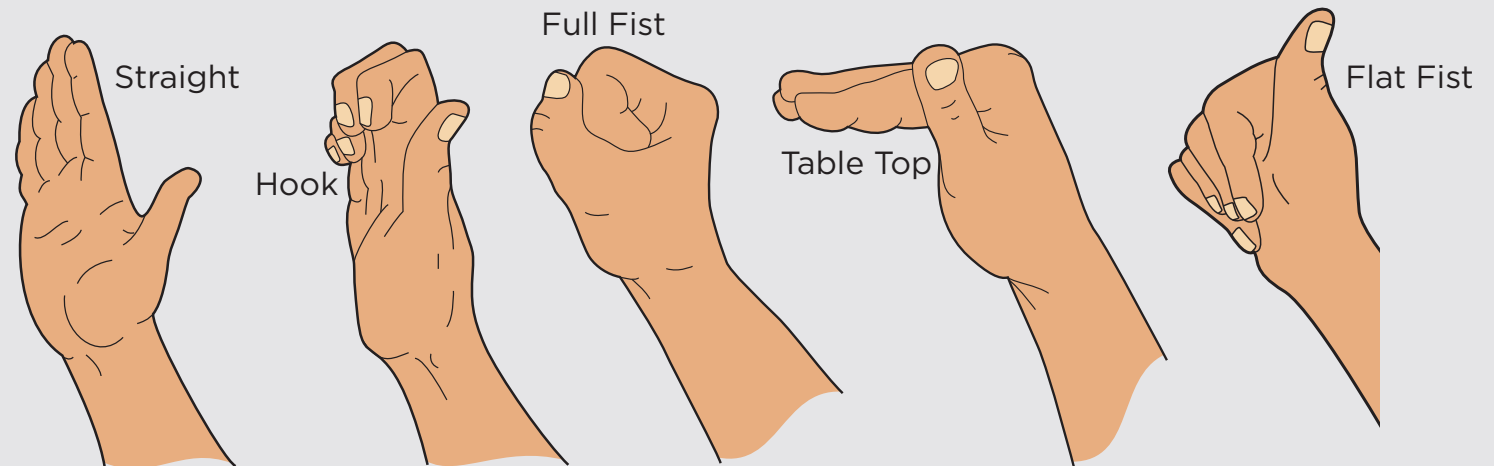
DIP Flexion (Active Blocked)

- 1 Hold the finger firmly at the middle so only the tip is able to bend.
- 2 Hold for _____ seconds before straightening.
- 3 Repeat _____ times, _____ per day.



Tendon Gliding Exercise

- 1 Beginning at the straight position, progress from one position to the next.



- 2 Hold each position for 2-3 seconds before advancing to the next
- 3 Repeat _____ times, _____ per day.

We can assist you in all your therapy needs.
To schedule an appointment call (402) 609-1750.