

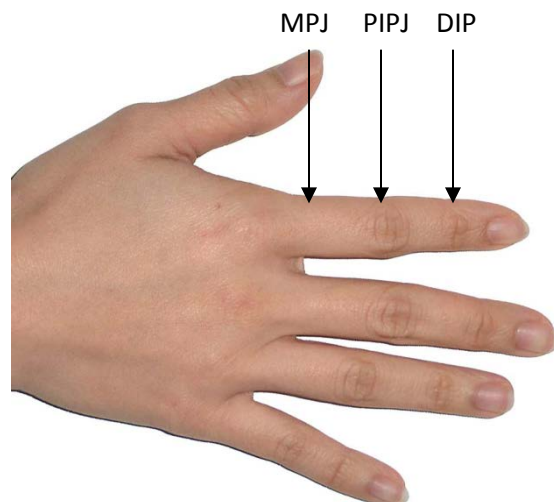


FINGER EXERCISE FOR THE STIFF HAND

The exercises described below can be used for a stiff hand post immobilization or post surgery per your doctor's or hand therapist's recommendation. The exercises can typically be performed 4-6X/day or as tolerated with 10-15 repetitions being the norm. Applying heat prior to exercise will significantly reduce pain and stiffness, and allow a greater amount of range-of-motion (ROM) during your exercises.

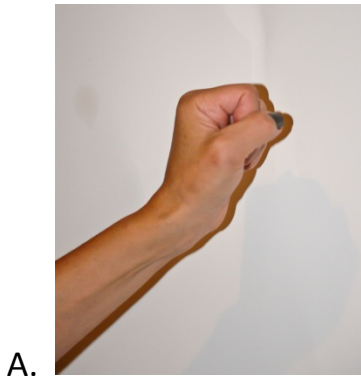
Below is a picture demonstrating the three joints in the fingers. The abbreviated terms will be utilized on this handout.

- MPJ is the metacarpophalangeal joint or knuckle
- PIPJ is the proximal interphalangeal joint or middle joint of finger
- DIPJ is the distal interphalangeal joint or top joint of finger



ACTIVE RANGE OF MOTION (AROM)

1. Tendon gliding exercises. Perform the three hand positions (A, B, C) shown below. After each position, return to a straight hand position (D).



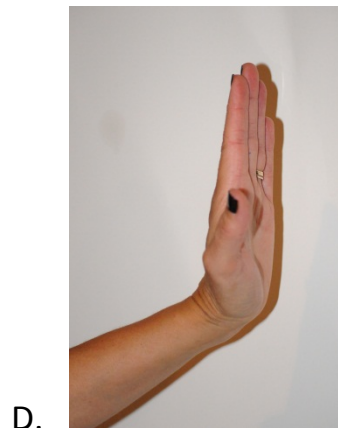
Make a fist



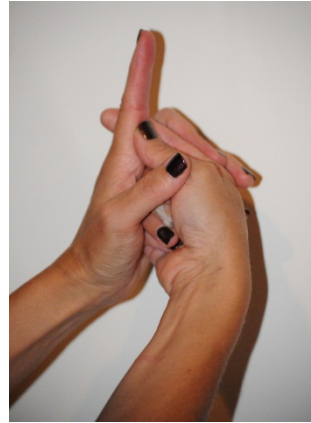
With fingers and knuckles straight, bend PIPJ and DIPJ joints. Do not bend knuckles.



Start with fingers straight. Bend knuckles and middle joints. Keep straight to touch base of palm.

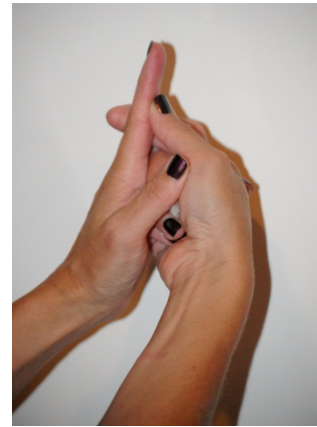
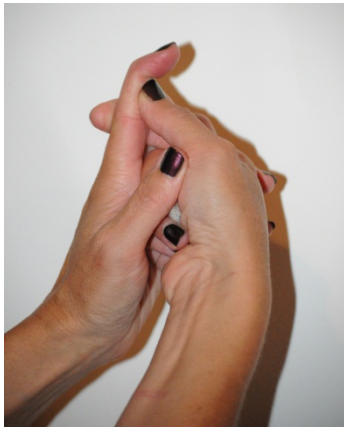


BLOCKING EXERCISES



1. PIP Joint Blocking

*Support below the PIPJ to block motion at the MPJ and actively flex and extend at the PIPJ as shown.



2.DIP Joint Blocking

*Block the PIPJ and actively flex and extend the DIPJ