



## *ARTISTIC ADVANTAGE*

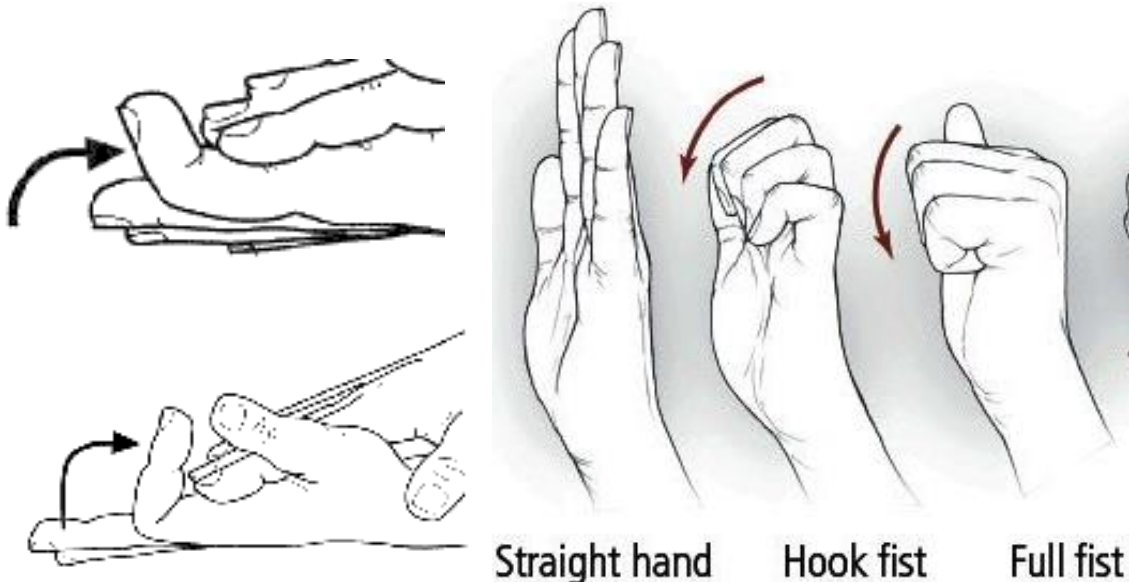
### *Block and Bend Exercises*

Active Pain Free Motion to reduce tension in fingers, decrease swelling, and reconnect the hand to the brain.

- I. **Heat:** 10 minutes with heating pad, rice sock, or soak in hot water
- II. **Massage:** 3-5 minutes massaging the sore or swollen areas with lotion drawing the inflammation up to the elbow
- III. **Block & Bends:**
  - a. Block the middle joint and press the base knuckle back. It is okay if the base knuckle arches back.
  - b. Bend and straighten the tip fully. Keep the middle knuckle blocked without movement. Isolate bending the tip. 10 x 2 to tolerance
  - c. Move to block the base knuckle.
  - d. Isolate and bend the middle joint, keeping the tip straight. Press the base knuckle back further if it makes it easier to bend the middle joint. 10 x 2 to tolerance.
  - e. Repeat for each finger and thumb.
  - f. 2- 3 times a day maximum unless otherwise instructed.

#### **Total Fist:**

- a. Begin making a fist by bending the fingertips first as you roll into a fist.
- b. Unroll by reversing and keep the tips bent as long as possible.



*Artistic Advantage ~ Martha Paterson OTR/L, CHT*

2211 W. Magnolia Blvd # 295 Burbank, CA 91506~

818-955-8303 telephone ~ 818-465-4606 fax ~ handmedicine@gmail.com