


Range of Motion/ Stretches of the Fingers & Wrist

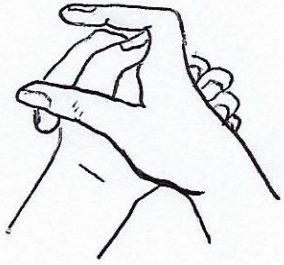
*** Before exercise**

- **Heat for 10 minutes:** heating pad, rice sock, or warm water soak
- **Massage sore areas with lotion towards your heart for 5 minutes**
- **Perform the selected exercises**
- **Engage in life. Yield to pain. Hold objects in the palm of hand vs by your fingertips**
 - **Contrast Bath:** Fill 2 sinks: 1 hot water, 1 cold water. Soak in hot water for 1 minute, then cold water for 1 minute. Alternate back and forth at 1 minute intervals for 10 minutes. Begin in hot and end in cold water.
 - **Option:** Add 1/8 cup Epsom salt to hot water.
 - **Increases circulation and decreases swelling**

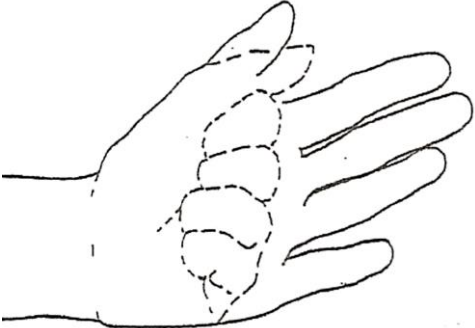
Block and Bends
10 x ___ sets



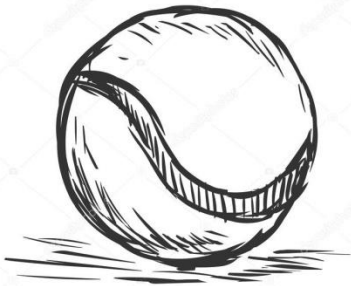
Block and Bends
- With straight tip
10 x ___ sets



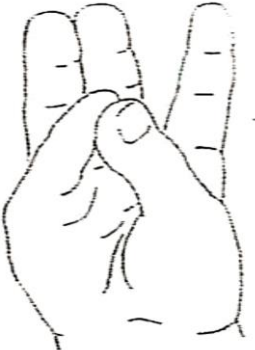
Roll-in Fist
Bend from tip first & reverse
10 x ___ sets



Tennis Ball

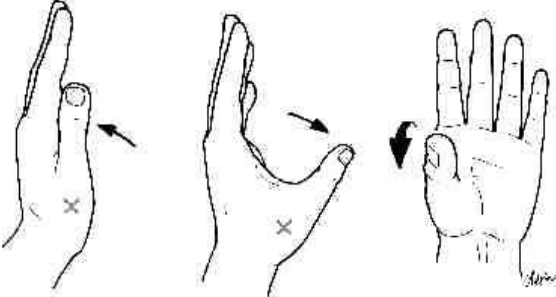


Opposition **Tip to Tip**

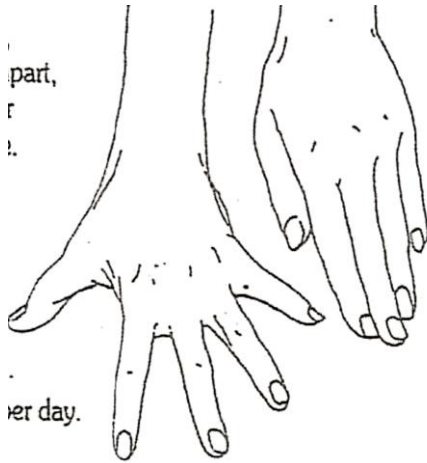


1 through 13

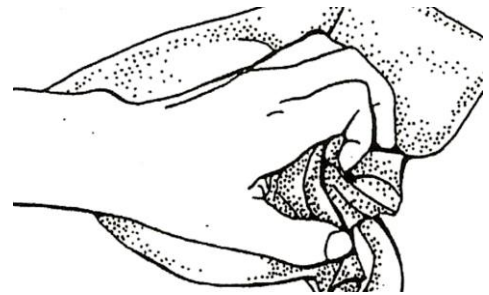
Thumb CMC joint 10 x ___ sets



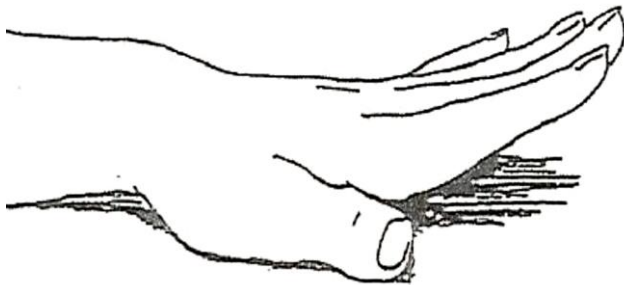
Finger Abduction/ Adduction
10 x ___ sets



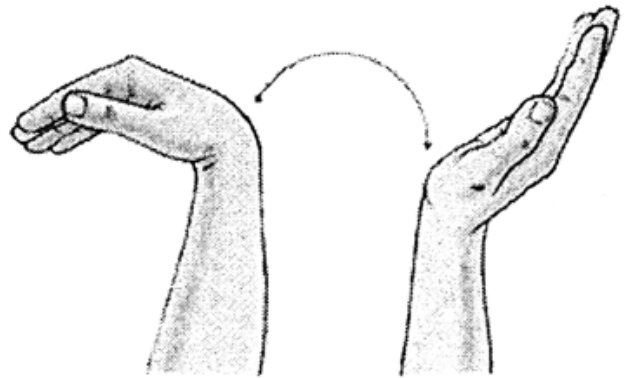
Finger Bending and Straightening
10 x ___ sets



Finger Extension 10 x ___ sets

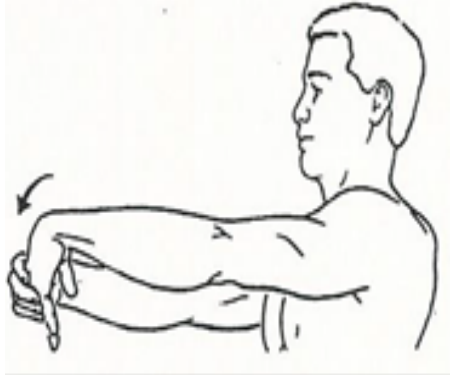


Wrist Flexion/ Extension 10 x ___ sets



Frankenstein

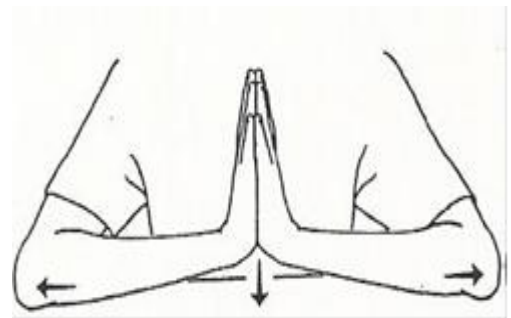
Keep a slight bend in your elbow



Hold for 30 sec x 3

Prayer Pose

Relax Shoulders



Hold for 30 sec x 3

**This is a customized plan issued under medical supervision