



Progressive Hook Fist Exercises

Yield to Pain

This exercise teaches your long finger muscles how to work again. The smaller muscles in the hand are overpowering the long ones.

Begin with

- Heat
- Massage

1) Passive Bending with the Other Hand

- Bend and straighten the fingers fully to open and close using other hand 15-25 times

2) Press into a Hook Fist

- Bend the tip and middle joint and hold the position with knuckles flat for 1 minute and 30 seconds

3) Active Hook Bending aka Block and Bend

- Block the middle knuckle with other hand, keep the base knuckle flat. Bend the tip(s) only.
- Block the base knuckle and only bend the middle and tip(s) for 1 minute and 30 seconds
- Full flexion & full extension at a steady pace



4) Press into Putty

- Press pen into putty. Place putty/pen combo at the end of straight fingertips.
- Press into the pen with the other hand, isolating just the tip & middle joints bending. Keep the knuckles flat
- Roll the pen back out to straighten the fingers fully for 1 min & 30 secs



5) Hook Roll with Marker

- Bend tip & middle joints to hold marker in hook position
- Begin to roll in and out of hook fist by bending the knuckles only, for 1 minute and 30 seconds



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This is a customized plan issued under medical supervision