



Active finger extension exercises



Lift each individual finger off the table.

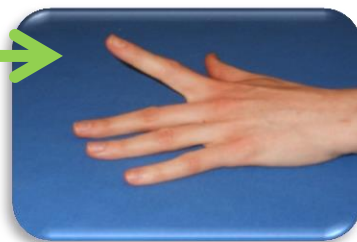


Hook your fingers and place your palm on the table surface so that your nails rest on the table and then lift your nails off the table.



Make a fist with your fingers. Place a pen across the back of your fingers then straighten the tips of your fingers whilst trying to balance the pen.

Hold for ____ seconds.



Starting with your hand flat on a table try and lift your affected finger as much as can off the table. Then use your other hand to lift the finger further, slowly take this hand away and keep the affected finger in the position it was placed.

Hold for ____ seconds.



Make a loose fist with your fingers relaxed. Use your other hand to block the big knuckles into a bend. Then straighten just the end 2 joints. DO NOT straighten the big knuckles. This should be a slow movement.

Exercises should be carried out ____ times, ____ times a day

