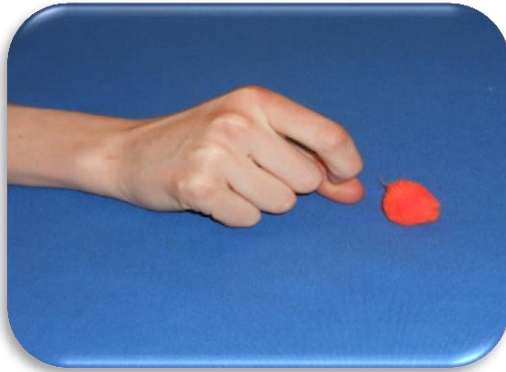




PIPJ resisted extension exercises



Using a cotton wool ball or a similar object, flick the ball with as much force as you can with your affected finger.



Use your thumb to 'flick' your injured finger straight. This should be a short quick movement.



Bend your injured finger over the table edge; place the elastic band just below the top joint.
Then straighten your finger against the elastic band.
Only the middle joint should straighten
– DO NOT lift your finger off the table

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