



REHABILITATION GUIDELINES
FINGER EXERCISES: SIX PACK

Do _____ repetitions of each circled exercise every _____ hour(s).

1. Joint Blocking:

a. End Joint: Stabilize middle joint; bend and straighten end joint.

b. Middle Joint: Stabilize knuckle; bend and straighten middle joint

2. **Isolate sublimis:** Hold uninvolved fingers straight with other hand. Bend involved finger down and toward palm.

3. **Pail grip:** Bend fingertips to base of fingers.

4. **Full fists**

5. **Tabletop:** Bend knuckles keeping fingers straight.

6. **Opposition:** Actively touch thumb to each fingertip.