Hand & Finger Exercises

Three different positions of tendon gliding exercises: hook fist, straight fist, and full fist.

FINGER -
MP / PIP / DIP Composite Flexion (Passive Stretch)

Use other hand to bend ________ finger at all three joints.
Hold ______ seconds.
Repeat ______ times.
Do ______ sessions per day.

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FINGER -
PIP / DIP Composite Flexion (Passive Stretch)

Use other hand to bend middle and tip joints of ________ finger.
Hold ______ seconds.
Repeat ______ times.
Do ______ sessions per day.

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FINGER -
PIP Extension (Passive)

Use thumb of other hand on top of joint and two fingers under on either side to straighten middle joint of ________ finger.
Hold ______ seconds.
Repeat ______ times.
Do ______ sessions per day.

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Thumb Exercises

THUMB - Opposition (Active)

Touch end tip of thumb to nail tip of each finger in turn, making an "O" shape.
Repeat ___ times. Do ___ sessions per day.

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THUMB - MP Flexion (Active)

Bend thumb to touch base of little finger keeping tip joint straight.
Repeat ___ times.
Do ___ sessions per day.

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THUMB - MP Extension (Active)

With palm on table, lift thumb up.
Hold ___ seconds. Relax and lower thumb.
Repeat ___ times. Do ___ sessions per day.

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THUMB - Palmar Adduction / Abduction (Active)

Move thumb down away from palm.
Move back to rest along palm.
Repeat ___ times.
Do ___ sessions per day.

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THUMB - Radial Adduction / Abduction (Active)

Move thumb out to side.
Move back alongside index finger.
Repeat ___ times. Do ___ sessions per day.

THUMB - Composite Abduction (Active)

Thumb out to side, swing down, pointing away from palm.
Return.
Repeat ___ times.
Do ___ sessions per day.
Edema Control

HAND CARE -
Edema Reduction (Ice Bag)

Wrap a bag of frozen peas or crushed ice in thin towel and place on hand for ___ minutes. Do ___ times per day.

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HAND CARE -
Edema Reduction (Pumping Exercises)

Hold hand overhead. Squeeze fingers together, making a fist.

Repeat ___ times.

Spread fingers apart then press together.

Repeat ___ times.

Do ___ sessions per day.

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HAND CARE -
Edema Reduction (Elevation - Standing)

Elevate hand above heart level by placing on top of head or furniture.

Hold for ___ minutes every ___ hour(s).

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HAND CARE -
Edema Reduction (Retrograde Massage)

A. Enclose tip of finger with other hand and slide toward wrist.

B. For larger areas, massage toward the body in one direction only.

Repeat ___ times. Do ___ sessions per day.

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HAND CARE -
Edema Reduction (Contrast Baths)

Have 2 containers deep enough for body part to be immersed.

Fill one with warm water and the other with slightly chilled water.

Soak in warm for 1 to 2 minutes, cold for ½ to 1 minute.

Alternate and continue for 10 minutes. End in warm water.

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