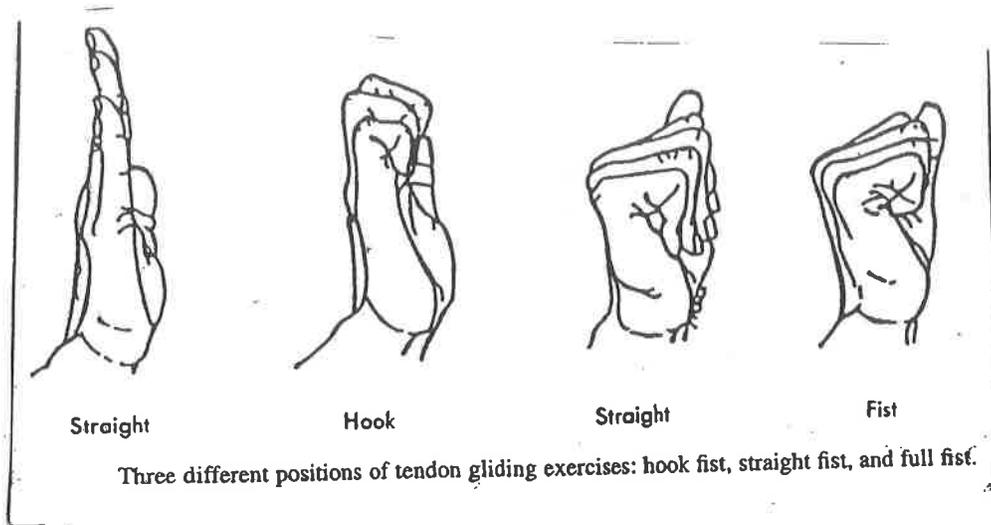
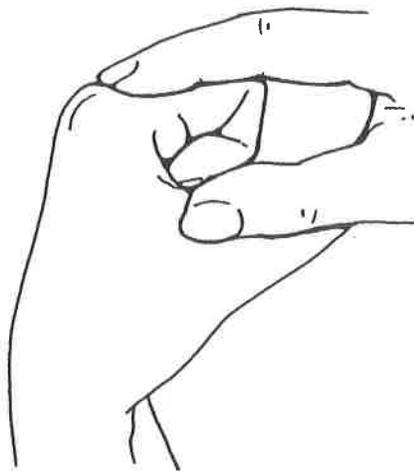


Hand & Finger Exercises



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)

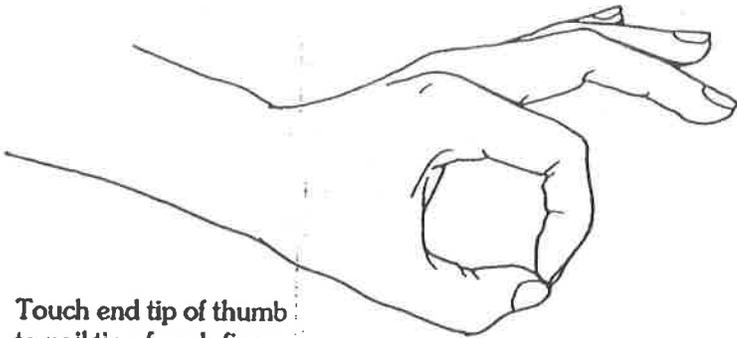
Use thumb of other hand on top of joint and two fingers under on either side to straighten middle joint of _____ finger.
Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.



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Thumb Exercises

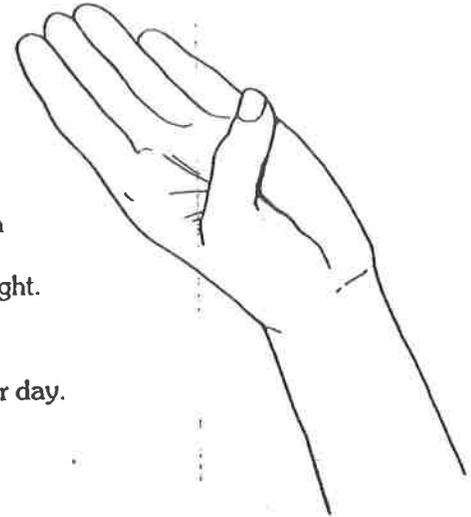
**THUMB -
Opposition (Active)**



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)**

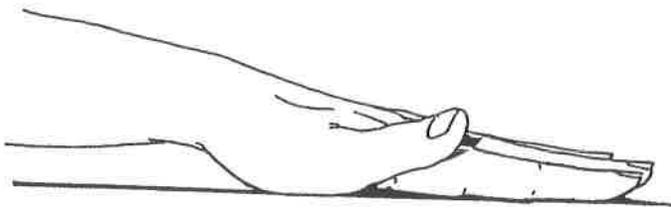


Bend thumb to touch base of little finger keeping joint straight.

Repeat ____ times.
Do ____ sessions per day.

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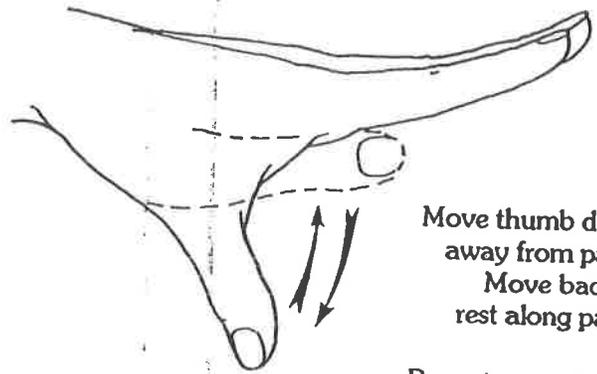
**THUMB -
MP Extension (Active)**



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)**

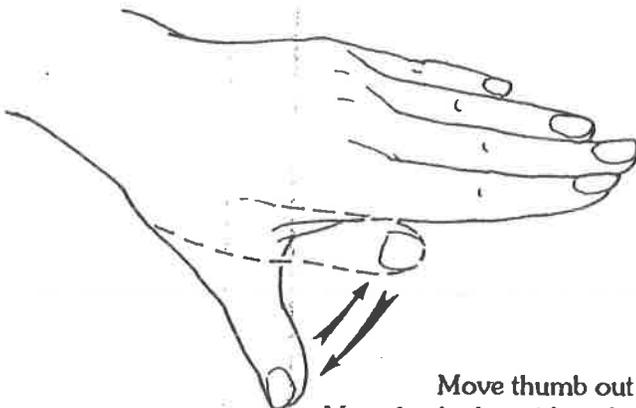


Move thumb down away from palm.
Move back to rest along palm.

Repeat ____ times.
Do ____ sessions per day.

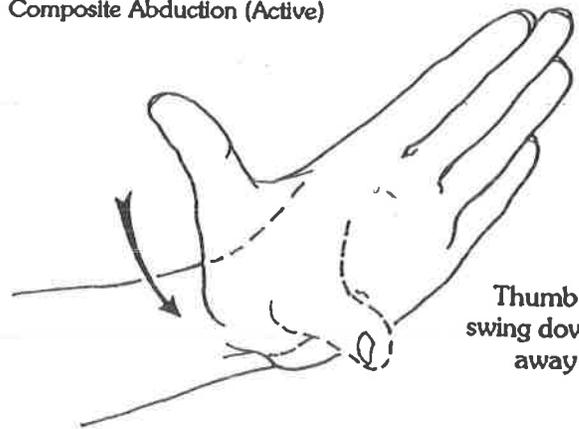
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**THUMB -
Radial Adduction / Abduction (Active)**



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

**THUMB -
Composite Abduction (Active)**

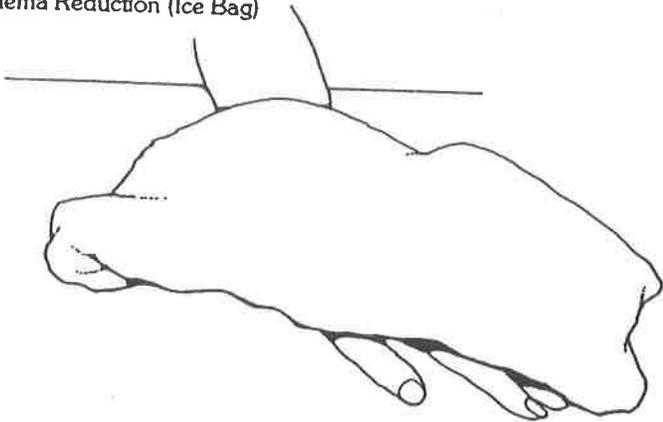


Thumb out to side, swing down, pointing away from palm.
Return:

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)

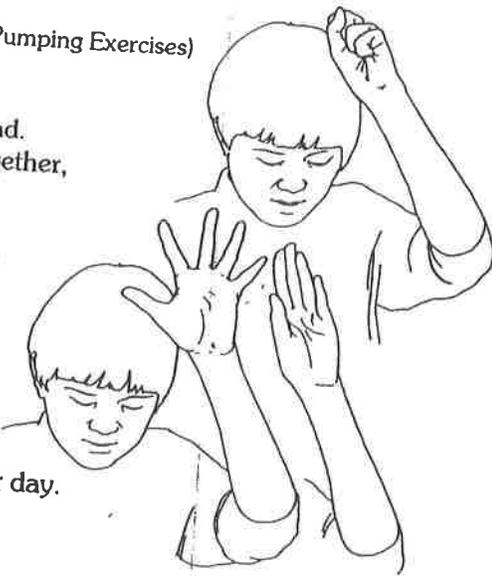
Hold hand overhead.
Squeeze fingers together,
making a fist.

Repeat ____ times.

Spread fingers apart
then press together.

Repeat ____ times.

Do ____ sessions per day.



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HAND CARE - Edema Reduction (Contrast Baths)

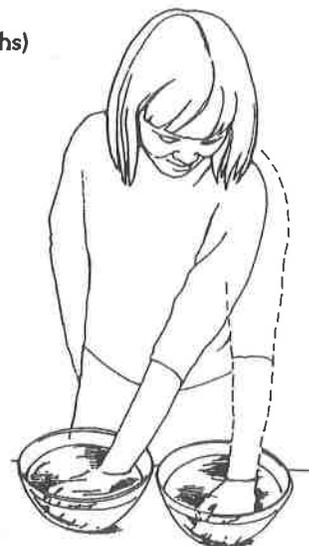
Have 2 containers
deep enough
for body part
to be immersed.

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.

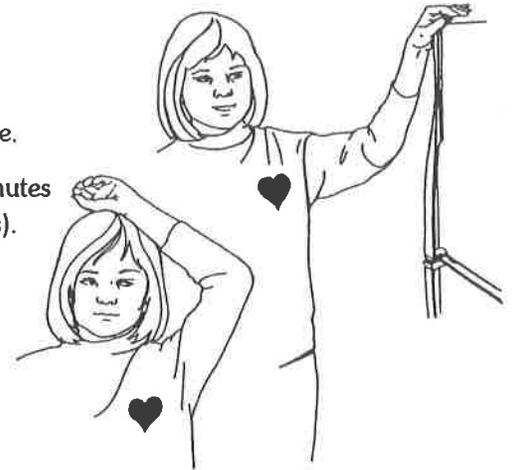
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HAND CARE - Edema Reduction (Elevation - Standing)

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

Hold for ____ minutes
every ____ hour(s).



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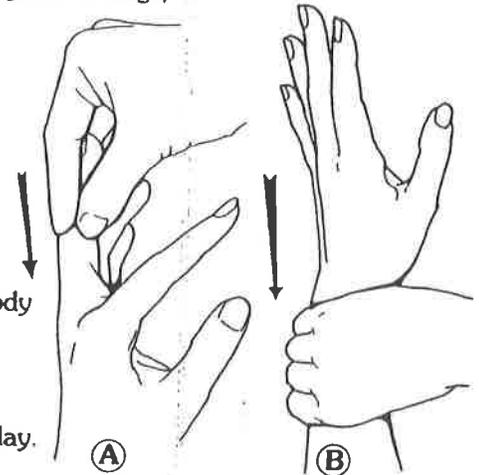
HAND CARE - Edema Reduction (Retrograde Massage)

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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