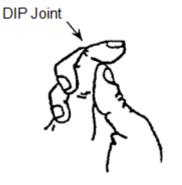
Royal Brisbane and Women's Hospital, Occupational Therapy

## **Finger Blocking Exercises**

Do each exercise \_\_\_\_\_ times

Hold for <u>seconds</u>.

Do these exercises \_\_\_\_\_ times each day.



Bend and straighten the tip ("DIP") of your finger

**PIP Joint** 



Keeping your other fingers straight, bend and straighten the middle joint of your finger ("PIP")

Please contact your therapist if you have any queries or concerns.

Therapist: \_\_\_\_\_

Phone: (07) 3646 7100

