

# Finger Blocking Exercises

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

Hold for \_\_\_\_\_ seconds.

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

DIP Joint



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