

# Finger Exercises - Passive

Complete \_\_\_\_\_ of each exercise.

Complete \_\_\_\_\_ times per day.

Hold each position for \_\_\_\_\_ seconds.

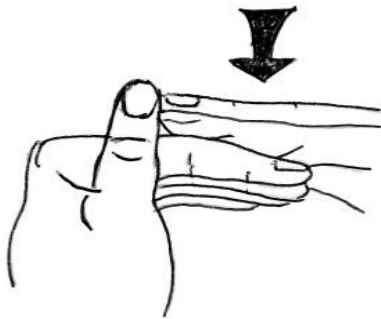
**PIP EXTENSION:** Using your other hand straighten the middle joint of each finger, one at a time, whilst keeping fingers relaxed.



**PIP/DIP FLEXION:** Keeping the knuckles straight, use your other hand to bend the two end joints of each finger one at a time.



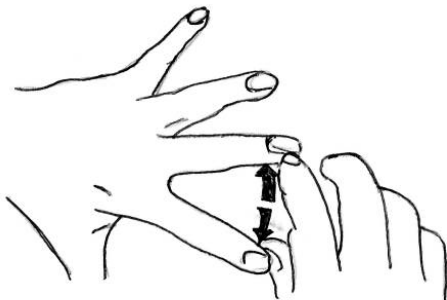
**TABLE TOP:** Bend your fingers from the large knuckles, and then using your other hand apply a firm pressure over the back of the fingers. Keep wrist straight.



**COMPOSITE FLEXION:** Use your other hand to bend all three joints of the fingers to make a full fist position. Do each finger one at a time.



**WIDE SPAN:** Spread your fingers as wide as possible then using your other hand pull fingers further apart.



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

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

**Phone: (07) 3646 7100**