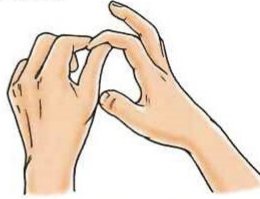


FINGER SPRAIN REHABILITATION EXERCISES

You may do all of these exercises right away.

1. FINGER PASSIVE RANGE OF MOTION: Gently assist the injured joint by helping to bend it with your other hand. Gently try to straighten out the injured joint with your other hand. Repeat slowly, holding for 5 seconds at the end of each motion. Do this 10 times. Do these exercises 3 to 5 times per day.



FINGER PASSIVE
RANGE OF MOTION



FIST MAKING

2. FIST MAKING: Make your hand into a fist. If the injured finger will not bend into the fist, assist it with your uninjured hand and try to help it bend into the fist. Hold this position for 5 to 10 seconds. Repeat 10 times.

4. FINGER EXTENSION: With your palm flat on a table and your fingers straight out, lift each finger straight up one at a time. Hold your finger up for 5 seconds then and put it down. Continue until you have done all 5 fingers. Repeat 10 times.



FINGER EXTENSION



5. GRIP STRENGTHENING: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.

GRIP STRENGTHENING

3. OBJECT PICK-UP: Practice picking up small objects such as coins, marbles, pins, or buttons with one finger and the thumb.



OBJECT PICK-UP