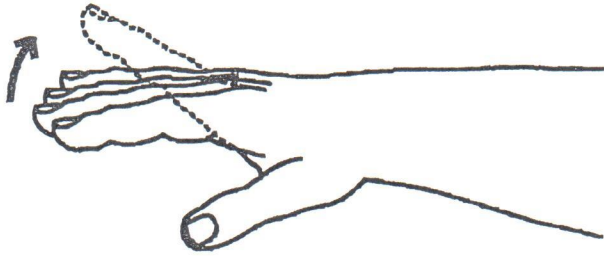


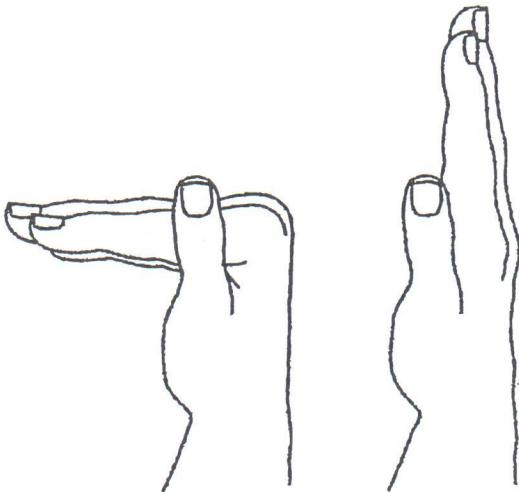
Finger Exercise Program

AROM Finger Extension



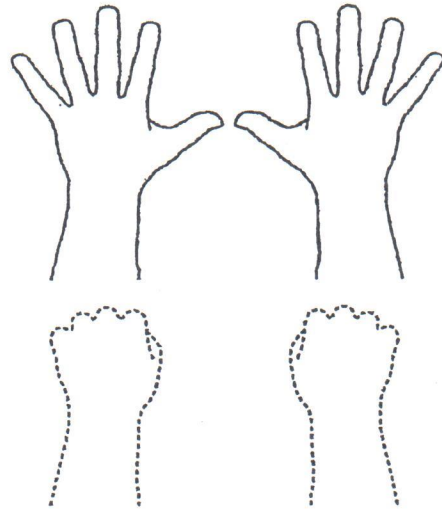
- Place hand on table with fingers flat as shown.
- Lift one finger at a time, keeping finger straight.
- Repeat.
- Perform 3 sets of 20 repetitions, once a day
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Finger Lumbricals Flex/Extension



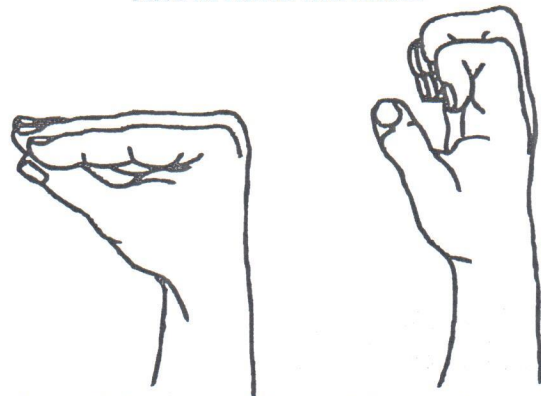
- Begin with fingers straight and together.
- Bend at MP joints keeping fingers straight, as if waving.
- Straighten and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Finger Flex/Extension with Hand Open/Close



- Hold hands in front.
- Begin with fingers straight and spread apart.
- Close hands into a fist.
- Open and spread fingers.
- Repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Hand Intrinsic



- Start with fingers curled, thumb bent, as shown.
- Straighten fingers and thumb together as shown.
- Repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

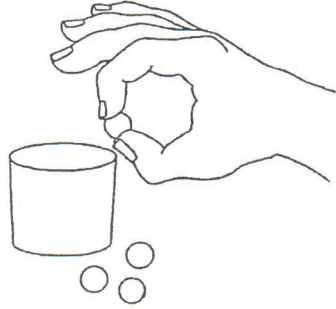
Signature _____

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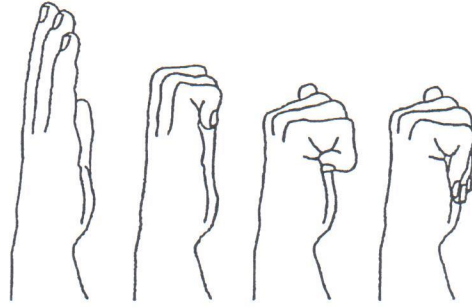
Finger Exercise Program

AROM Hand/Finger Marble Pick Up



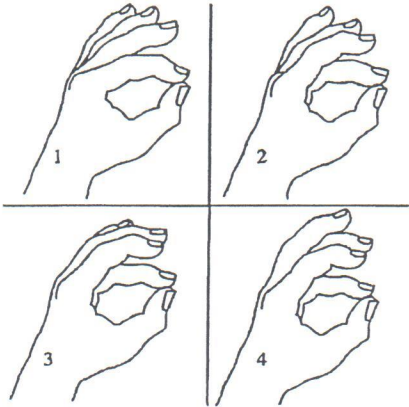
- Place marbles on table.
- Pick up marble, using thumb and index finger.
- Place marble in cup.
- Perform 3 sets of 20 repetitions, once a day
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Hand/Finger Tendon Glide



- Start with fingers straight.
- Make hook fist, return to straight hand.
- Make full fist, return to straight hand.
- Make straight fist, return to straight hand.
- Repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Thumb/Finger Opposition



- Touch the tip of your thumb to the tip of your index finger.
- Open hand and relax.
- Repeat with each finger with thumb.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Signature _____

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