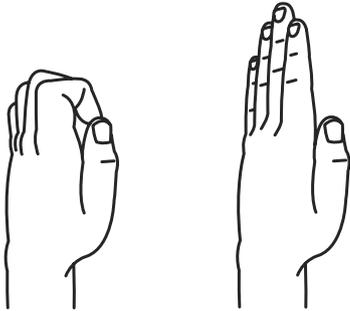
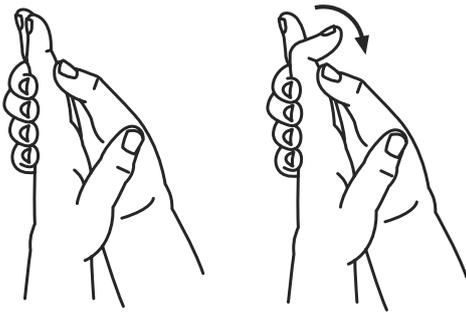


1. Hook



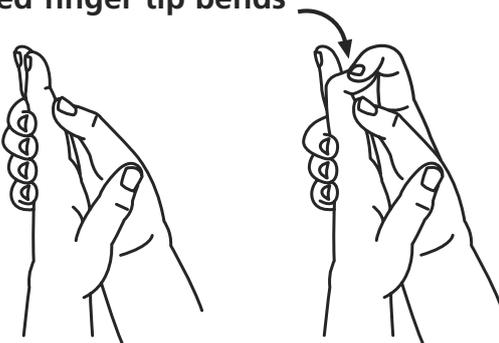
- ▶ Make a hook with your fingers but keep your knuckles straight.
- ▶ Hold for seconds.
- ▶ Then straighten your fingers.
- ▶ Repeat times.

2. Finger tip bends



- ▶ Use your other hand to hold your finger straight, then bend your finger tip down.
- ▶ Hold for seconds.
- ▶ Then straighten your finger.
- ▶ Repeat times.

3. Assisted finger tip bends



- ▶ Use your other hand to hold your finger straight, then push your finger tip down until you feel a stretch.
- ▶ Hold for seconds.
- ▶ Then straighten your finger.
- ▶ Repeat times.

Name of Therapist:

Phone:

Please contact your occupational therapist if you have any queries about the above information.