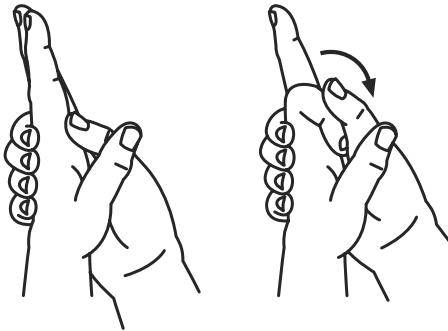
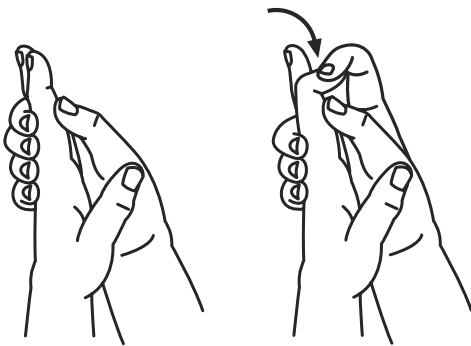


1. Assisted finger bends



- ▶ Use your other hand to hold your knuckle joint straight, then push your finger down (at the middle joint) until you feel a stretch.
- ▶ Hold for seconds.
- ▶ Then straighten your finger.
- ▶ Repeat times.

2. 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.

Specific recommendations:

Name of Therapist:

Phone:

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