

Finger-Straightening Exercises

To do at home

This handout gives finger-bending exercises that will improve how your fingers move and work.

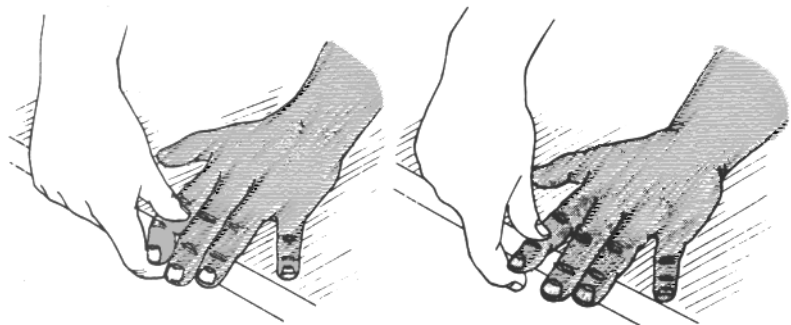
When you do these exercises:

- Do 1 long, steady pull with mild force. Do **not** do short, forceful pulls.
- Do **not** get to the point that the exercises cause pain. You should feel a stretch, but not pain.

Exercise #1: Straightening End Joints

1. Place the palm of your affected hand on a tabletop, with the end joint of your index finger down over the edge of the table.
2. Using your other hand, slowly and gently straighten the end joint of your affected index finger. Place your unaffected thumb over the middle section of your affected index finger to hold it steady. Straighten each joint only until it is level, not more.
3. Hold the stretch for ____ seconds.
4. Repeat ____ times. Do this exercise ____ times a day.

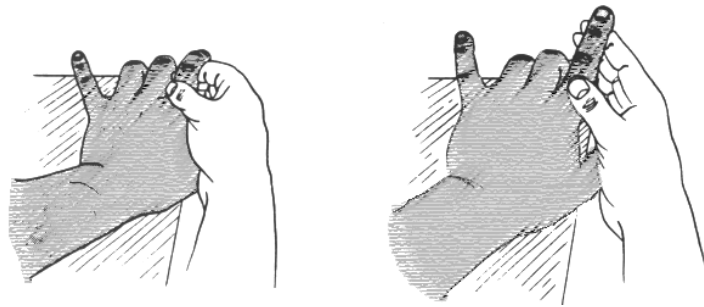
Repeat this exercise for your middle, ring, and little fingers.



Exercise #2: Straightening Middle Joints

1. Place the palm of your affected hand on a tabletop, with the middle joint of your index finger down over the edge of the table.
2. Using your other hand, slowly and gently straighten the middle joint of your affected index finger. Place your unaffected thumb over the base section of your affected index finger to hold it steady. Straighten each joint only until it is level, not more.
3. Hold the stretch for ____ seconds.
4. Repeat ____ times. Do this exercise ____ times a day.

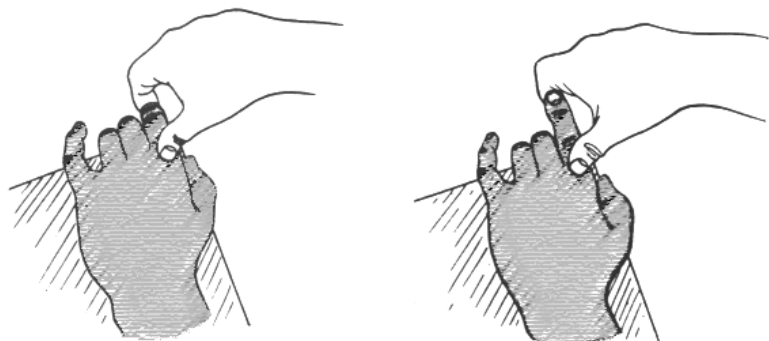
Repeat this exercise for your middle, ring, and little fingers.



Exercise #3: Straightening End and Middle Joints Only

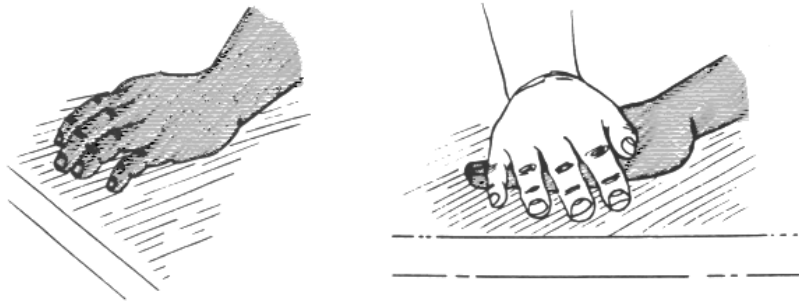
1. Place the palm of your affected hand on a tabletop, so that the middle joint of your index finger is over the edge of the table.
2. Using your other hand, slowly and gently straighten the end and middle joints, placing your unaffected thumb over the base section of your affected index finger to hold it steady. Straighten each joint only until it is level, not more.
3. Hold the stretch for ____ seconds.
4. Repeat ____ times. Do this exercise ____ times a day.

Repeat this exercise for your middle, ring, and little fingers.



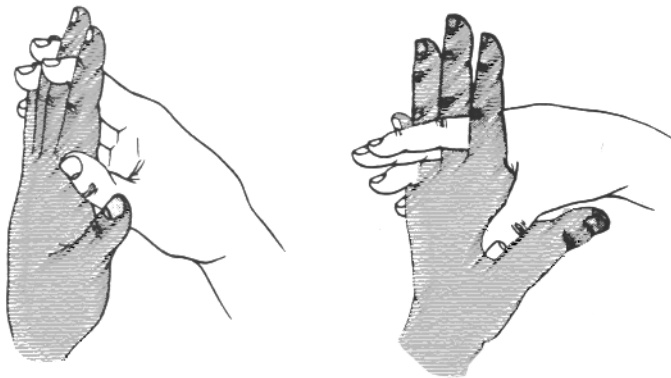
Exercise #4: Straightening End, Middle, and Base Joints

1. Place your affected hand, palm down, on the table.
2. Place the palm of your other hand on top of the finger joints of your affected hand.
3. Gently and slowly press down to flatten the fingers of your affected hand.
4. Hold the stretch for ____ seconds.
5. Repeat ____ times. Do this exercise ____ times a day.



Exercise #5: Stretching the Web Spaces Between Your Fingers

1. Place the fingers of your unaffected hand between the fingers of your affected hand. This will stretch the web spaces between the fingers of your affected hand.
2. Hold the stretch for ____ seconds.
3. Repeat ____ times. Do this exercise ____ times a day.



Increasing the Stretch Time

As you get used to doing these exercises, you will be able to increase the time you hold each stretch. Work up to holding each one for:

- _____ seconds

Or

- _____ minutes

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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