Active Blocking Finger Range of Motion Exercises

These exercises are to be done on the ________________ finger of your:

- Right hand
- Left hand
- Both hands

For these exercises, you may use your other hand to stop or block part of the movement of a finger joint to improve the strength and movement of other joints. If have any questions, talk to your therapist or doctor.

For all exercises

- Follow the directions of your doctor or therapist for these exercises.
- Exercise 3 times each day. Do 10 to 15 repetitions of each exercise.
- Do all exercises slowly and with smooth motion.

Exercises

- **Large knuckle bending (metacarpophalangeal or MP flexion)**
  1. Keeping your other fingers straight with your other hand, bend your finger at the large knuckle only, toward your palm.
  2. Do not bend the tip of your finger. Hold and then return the finger to the starting position.

- **Bending last joint of finger (distal interphalangeal joint or DIP flexion)**
  1. Using the fingers of your other hand, block movement of the 2 lower joints of your finger.
  2. Bend the tip of your finger. Hold and then return the finger to the starting position.
Bending middle joint (proximal interphalangeal joint or PIP flexion)
1. Using your thumb and fingers of your other hand, block the movement of the large joint of your finger.
2. Bend the middle joint of your finger as much as you can. Hold and then return the finger to the starting position.

Bending finger to palm (PIP blocking)
1. Rest the back of your hand on a table, counter, or your leg. Have the finger you are to exercise free but use your other hand to hold the rest of your fingers flat.
2. Bend your finger at the large base and middle joint as far as you can into your palm.
3. Pause and then straighten your finger back to the starting position.

Straightening your finger (IP extension)
1. Rest the side of your hand with your thumb up to the ceiling on a table, counter, or your leg. Use your other hand to block movement of the large knuckles of your fingers and your wrist.
2. Straighten your finger at the middle and last joint as far as you can away from your palm.
3. Pause and then bend your finger back to the starting position.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.