Finger Passive Range of Motion

Do these exercises _____ times a day. Hold each excise about 3 to 5 seconds. Repeat each exercise _____ times.

Flexion
Use your other hand to gently bend _______ finger at the large knuckle.

PIP / DIP Composite Flexion
Use your other hand to bend the middle and tip joints of _________ finger.
PIP Flexion
Use your other hand to bend the middle joint of__________finger down as far as possible.

MP / PIP / DIP Composite Flexion
Use your other hand to bend__________finger at all three joints.

DIP Flexion
Use your other hand to gently bend the tip of the joint of__________finger.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.