These exercises improve the movement of your fingers.

Do only the exercises checked by your therapist.

Hold each exercise about 3 to 5 seconds.

Repeat each exercise _____ times.

Do these _____ times a day.

- **MP Extension / Flexion**
  - Use your other hand to gently bend __________ finger at the large knuckle.

- **PIP Extension / Flexion**
  - Use your other hand to gently straighten and bend the middle joint of your ____ finger down as far as possible.
- **DIP Extension / Flexion**
  - Use your other hand to gently straighten and bend the tip of the joint of your ___ finger.

- **PIP / DIP Composite Extension / Flexion**
  - Use your other hand to straighten and bend the middle and tip joints of your _____ finger.

- **MP / PIP / DIP Composite Extension / Flexion Fingertips to palm**
  - Use your other hand to straighten and bend your _____ finger at all three joints.