



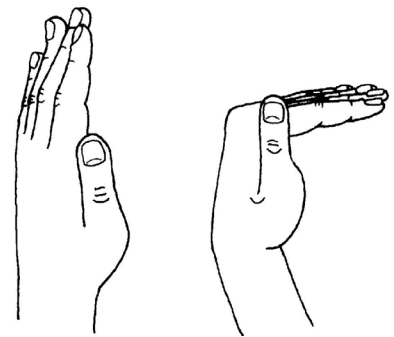
Active Finger Exercises

These exercises are done to keep your fingers moving well and to prevent stiffness.

Repeat these exercises _____ times, _____ times a day.

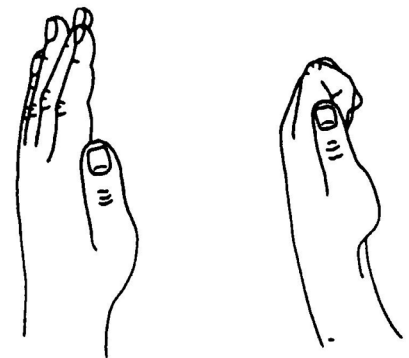
Bend with Straight Fingers

- Keep your wrist and fingers straight.
- Bend your fingers at the large knuckles, still keeping your fingers straight.
- Straighten them out again.



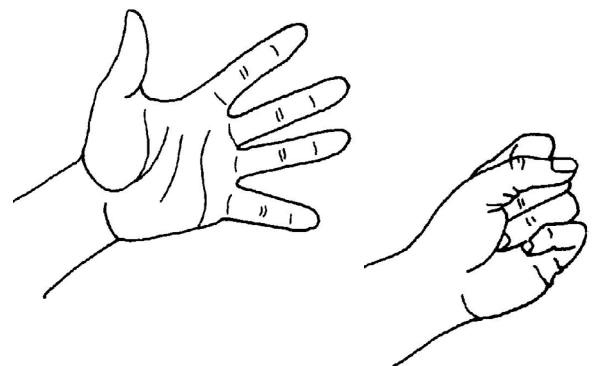
Bend with Curl

- Keep your large knuckles and wrist straight.
- Bend and straighten your fingers.



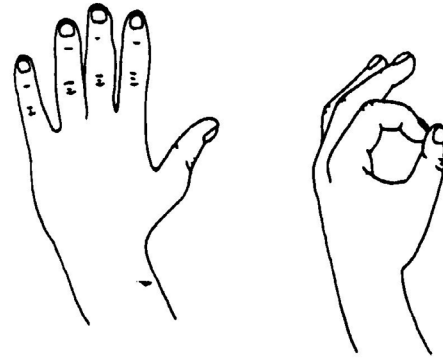
Straight - Fist - Straight

- Start with your fingers out straight.
- Make a fist, being sure each finger joint is bending as much as possible.
- Straighten your fingers out again as much as possible.



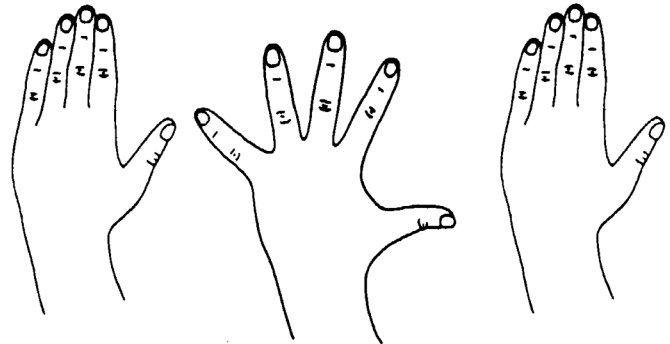
Finger Touches

- Touch your thumb to your fingertips, one at a time, making a circle.
- Open your hand wide after touching each finger.



Finger Spread

- Rest your hand on the table with your palm down.
- Spread your fingers wide apart and then bring them together again.



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

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.