

LANG HAND THERAPY Certified Hand Therapists 263 West End Avenue Suite 1C New York, NY 10023



С



PLACE RUBBER BAND THROUGH 4TH WEBSPACE (BETWEEN RING AND PINKY) AND SPAN BASE JOINT OF THUMB



MAKE A "C" AGAINST RUBBER BAND RESISTANCE, MOVING THUMB AWAY FROM PALM **OR** MAKE SMALL CIRCLES IN BOTH DIRECTIONS

V



PLACE RUBBER BAND AROUND INDEX THROUGH PINKY FINGERS



MOVE INDEX FINGER AWAY FROM MIDDLE FINGER AGAINST RUBBER BAND RESISTANCE

> SLOW AND CONTROLLED PERFORM 3 SETS OF 10-15 REPS