



LANG HAND THERAPY

Certified Hand Therapists
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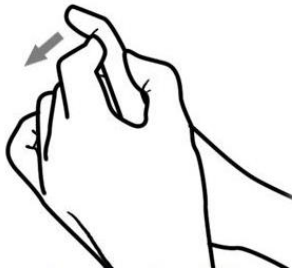
FINGER BLOCKING

PERFORM 8-10 REPETITIONS WITH 3-5 SECOND HOLD. 3X/DAILY



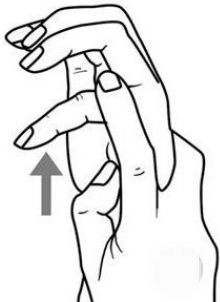
PIP JOINT

Support or hold the finger just below its middle crease. Bend the finger and straighten it back.



DIP JOINT

Support or hold the finger just below its last crease/joint close to the fingertip. Bend the fingertip and straighten it back



MP JOINT

Using the opposite hand, bend the large knuckle and hold it down just before the middle crease at the back of the finger. Straighten the finger on its middle/last creases as far up as it can go, hold 2-3 seconds, then bend it down