



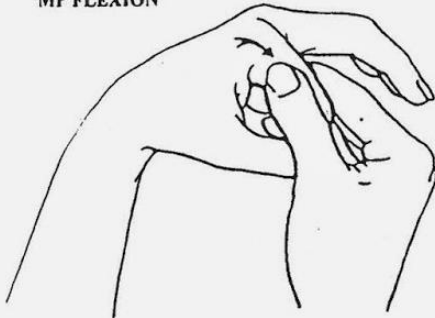
# LANG HAND THERAPY

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



## PASSIVE FINGER FLEXION

FINGER  
MP FLEXION



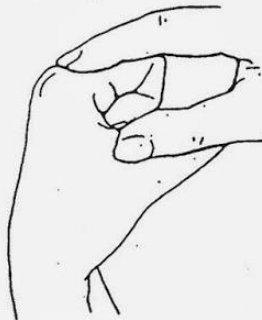
USE OTHER HAND  
TO GENTLY BEND \_\_\_\_\_ FINGER  
AT LARGE JOINT.  
HOLD 5 SECONDS.  
REPEAT 10 TIMES.  
DO 3 SESSIONS PER DAY.

FINGER  
PIP FLEXION



USE OTHER HAND TO BEND  
MIDDLE AND TIP JOINTS OF  
\_\_\_\_\_ FINGER.  
HOLD 5 SECONDS.  
REPEAT 10 TIMES.  
DO 3 SESSIONS PER DAY.

FINGER  
MP/PIP/DIP COMPOSITE FLEXION



USE OTHER HAND TO BEND \_\_\_\_\_ FINGER AT  
ALL THREE JOINTS.

HOLD 5 SECONDS.  
REPEAT 10 TIMES.  
DO 3 SESSIONS PER DAY.