

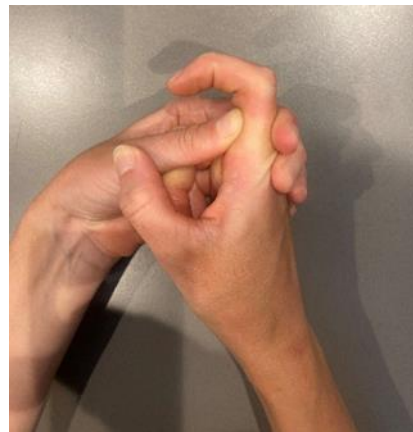


## **Finger Joint Blocking and Bending**

Repetitions \_\_\_\_\_ Times per day \_\_\_\_\_

### **1. Isolated middle joint movement (proximal interphalangeal joint/PIP flexion)**

Using your thumb and fingers of your other hand, block the movement of the base joint of your finger. Try to extend the finger until completely straight. Then bend the middle joint of your finger as much as you can. Hold and then return the finger to the starting position.



### **2. Isolated fingertip (distal interphalangeal joint/DIP flexion)**

Using the thumb and fingers of your other hand, block movement of the 2 lower joints of your finger. Bend the tip of your finger. Hold and then return the finger to the starting position.

