

Finger-Bending Exercises

To do at home

This handout gives finger-bending exercises that will improve how your fingers move and work.

When you do these exercises:

- Do 1 long, steady pull with mild force. Do **not** do short, forceful pulls.
- Do **not** get to the point that the exercises cause pain. You should feel a stretch, but not pain.

Increasing the Stretch Time

As you get used to doing these exercises, you will be able to increase the time you hold each stretch. Work up to holding each one for _____ seconds **OR** _____ minutes

Exercise #1: Bending End Joints

1. Place the palm of your affected hand on a tabletop, with the end joint of your index (pointer) finger over the edge of the table.
2. Using your other hand, slowly and gently bend the tip of your index finger down over the edge of the table. Keep the rest of your index finger and your palm flat on the table.
3. Hold the stretch for _____ seconds.
4. Repeat _____ times. Do this exercise _____ times a day.

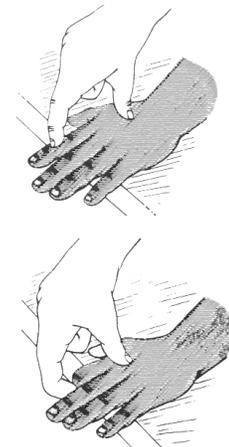
Repeat this exercise for your middle, ring, and little fingers.



Exercise #2: Bending Middle Joints

1. Place the palm of your affected hand on a tabletop, with the middle joint of your index finger over the edge of the table.
2. Using your other hand, slowly and gently bend the middle joint of your index finger down over the edge of the table. Keep the rest of your index finger and your palm flat on the table.
3. Hold the stretch for _____ seconds.
4. Repeat _____ times. Do this exercise _____ times a day.

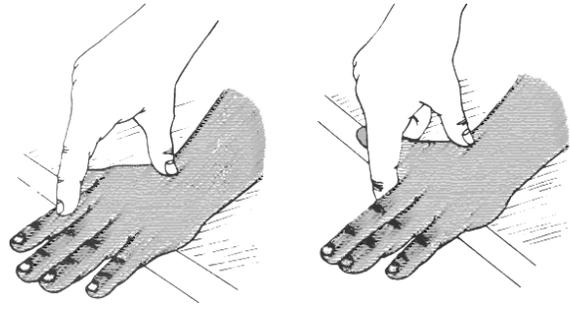
Repeat this exercise for your middle, ring, and little fingers.



Scan for a digital copy
of this handout.

Exercise #3: Bending Base Joints (Knuckles)

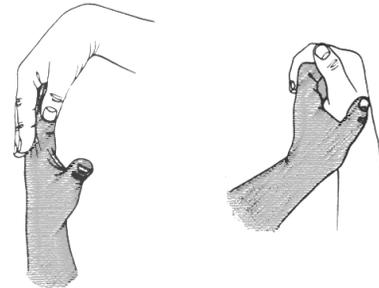
1. Place the palm of your affected hand on a tabletop, with the base joint of your index finger over the edge of the table.
2. Using your other hand, slowly and gently bend the base joint of your index finger down over the edge of the table. Keep your palm flat on the table.
3. Hold the stretch for ____ seconds.
4. Repeat ____ times. Do this exercise ____ times a day.



Repeat this exercise for your middle, ring, and little fingers.

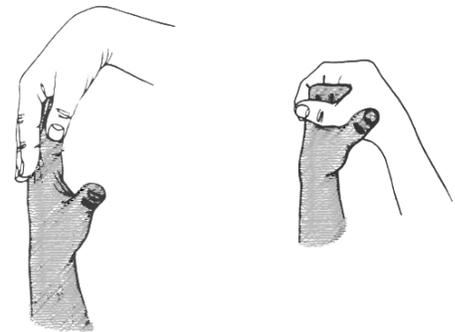
Exercise #4: Bending End and Middle Joints Only

1. Place the fingers of your unaffected hand over your affected fingers.
2. With your unaffected hand, slowly and gently bend the middle and end joints of your affected fingers toward your palm. **Keep the base joints of your affected fingers straight while you do this.**
3. Hold the stretch for ____ seconds.
4. Repeat ____ times. Do this exercise ____ times a day.



Exercise #5: Bending End, Middle, and Base Joints

1. Place the fingers of your unaffected hand over your affected fingers. Slowly and gently bend the base, middle, and end joints of your affected fingers toward your palm, so that they slowly form a fist (without your thumb).
2. Hold the stretch for ____ seconds.
3. Repeat ____ times. Do this exercise ____ times a day.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.