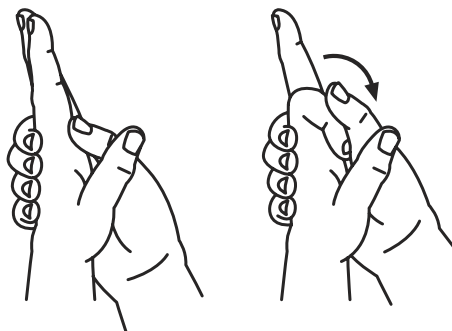
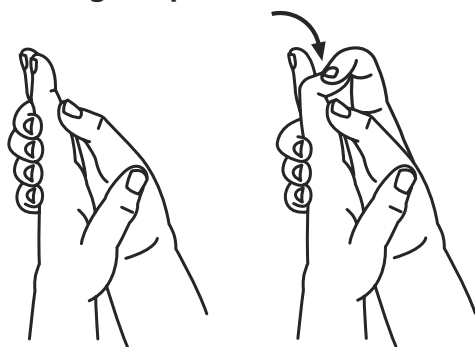


### 1. Assisted finger bends



- ▶ Use your other hand to hold your knuckle joint straight, then push your finger down (at the middle joint) until you feel a stretch.
- ▶ Hold for          seconds.
- ▶ Then straighten your finger.
- ▶ Repeat          times.

### 2. Assisted finger tip bends



- ▶ Use your other hand to hold your finger straight, then push your finger tip down until you feel a stretch.
- ▶ Hold for          seconds.
- ▶ Then straighten your finger.
- ▶ Repeat          times.

Specific recommendations:

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Name of Therapist:

Phone:

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Please contact your occupational therapist if you have any queries about the above information.