

## Finger Dislocation

**Note:** Involved finger may be taped and these exercises may be performed within a limited range of motion. These exercises may be performed to non-involved fingers to avoid stiffness while involved finger is healing.

### Active Finger Flexion Exercises



#### **1. DIP Blocking**

Hold involved finger at middle so that only tip can bend.

Repeat 8 – 10 times, 3 – 4 times per day.



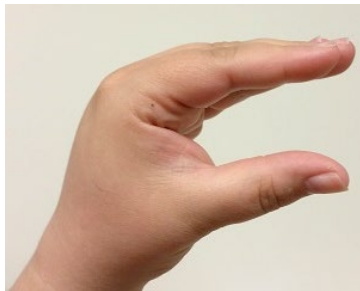
#### **2. PIP Blocking**

Hold involved finger at base so that middle joint can bend.

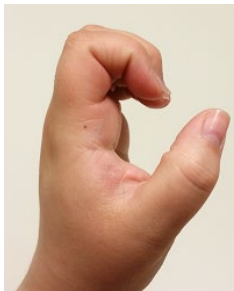
Repeat 8 – 10 times, 3 – 4 times per day



#### **3. Straight**



#### **4. Salute**



#### **5. Hook**



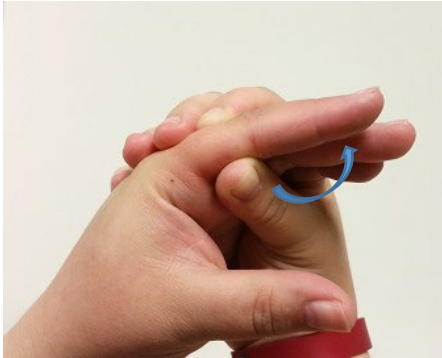
#### **6. Fist**



#### **7. Straight Fist**

Repeat 8 – 10 times, 3 – 4 times per day.

## Active Finger Extension Exercises



### **1. Blocked PIP Extension**

Holding involved finger with uninvolved hand, straighten finger fully, focusing on extension at middle joint – hold for a few seconds.

Repeat 8 – 10 times, 3 – 4 times per day.



### **2. Salute**

Bend fingers at large joints as far as possible, keeping middle and distal joints straight, then return to starting position.

Repeat 8 – 10 times, 3 – 4 times per day.



### **3. Finger Extension**

With your hand and fingers resting on the table, lift all fingers up, while keeping your hand flat.

Repeat 8 – 10 times, 3 – 4 times per day.



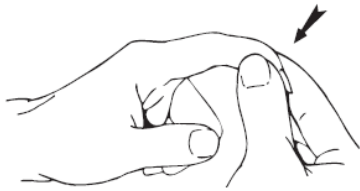
### **4. Individual Finger Extension**

With your hand and fingers resting on the table, lift each finger individually, while keeping your hand flat.

Repeat 8 – 10 times, 3 – 4 times per day

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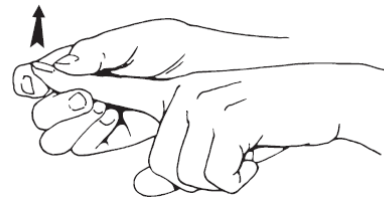
## Passive Finger Exercises



### **1. DIP Flexion**

Use uninvolved hand to gently bend involved finger at distal joint. Hold 15 seconds.

Repeat 8 – 10 times, 3 – 4 times per day.



### **2. DIP Extension**

Use thumb of uninvolved hand on top of joint and two fingers underneath on either side to straighten the distal joint of the involved finger. Hold 15 seconds.

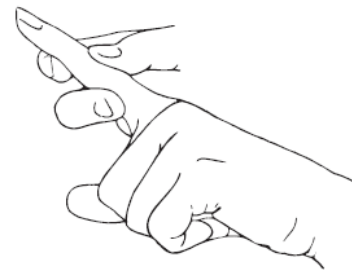
Repeat 8 – 10 times, 3 – 4 times per day.



### **3. PIP Flexion**

Use uninvolved hand to bend the middle joint of involved finger down as far as tolerated. Hold 15 seconds.

Repeat 8 – 10 times, 3 – 4 times per day.



### **4. PIP Extension**

Use thumb of uninvolved hand on top of joint and two fingers underneath on either side to straighten middle joint of involved finger. Hold 15 seconds.

Repeat 8 – 10 times, 3 – 4 times per day.

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## **5. MP Flexion**

Use uninvolved hand to assist bending fingers at largest joints. Hold for 15 seconds.  
Repeat 8 – 10 times, 3 – 4 times per day.



## **6. MP Flexion (alternate position)**

Use uninvolved hand to gently bend involved finger at large joint. Hold 15 seconds.  
Repeat 8 – 10 times, 3 – 4 times per day.



## **7. MP Extension**

Straighten joints of each finger using uninvolved hand. Hold 15 seconds.  
Repeat 8 – 10 times, 3 – 4 times per day.



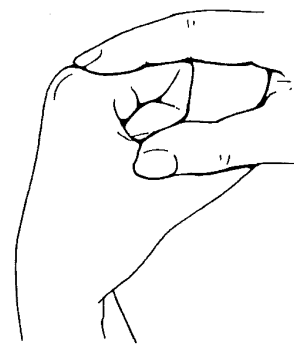
## **8. MP Extension (alternate position)**

Lift each finger off table using uninvolved hand. Hold 15 seconds.  
Repeat 8 – 10 times, 3 – 4 times per day.



## **9. PIP/DIP Composite Flexion**

Use uninvolved hand to bend middle & tip joints of involved finger. Hold 15 seconds.  
Repeat 8 – 10 times, 3 – 4 times per day.



## **10. MP/PIP/DIP Composite Flexion**

Use uninvolved hand to bend involved finger at all three joints. Hold 15 seconds.  
Repeat 8 – 10 times, 3 – 4 times per day.

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## Putty Exercises



### **1. Grip**

Squeeze putty with all fingers, into your fist.



### **2. Tip Pinch**

Squeeze putty between your index finger and thumb.



### **3. Three Jaw Pinch**

Squeeze putty between your index, middle, and thumb.



### **4. Lateral Pinch ("Turning a Key")**

Squeeze putty between your thumb and the side of your index.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

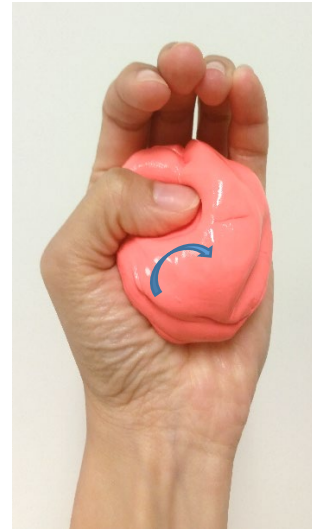
If the putty gets soft, keep in in the refrigerator.

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## **5. Composite Flexion**

Hold putty in palm with your thumb. Press thumb into putty, aiming for your palm.



## **6. Thumb and Finger Extension**

Place putty loop around tips of fingers and thumb.  
Stretch loop by extending fingers and thumb.



## **7. Finger Abduction**

Place putty loop around fingers.  
Stretch loop by separating fingers.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

If the putty gets soft, keep in in the refrigerator.

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## 8. Finger Adduction

Press putty between fingers.

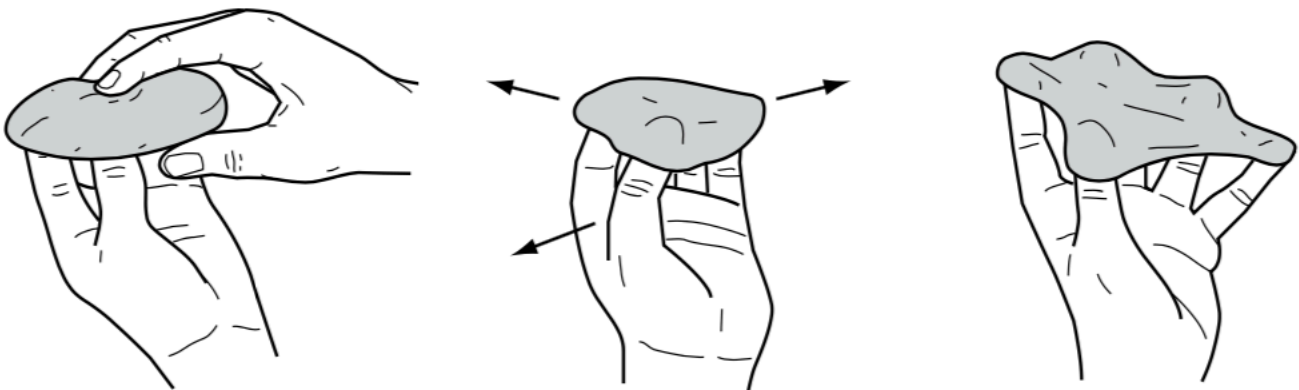


## 9. Thumb Extension

Straighten thumb inside putty loop anchored by fingers.

## 10. Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

If the putty gets soft, keep in in the refrigerator.