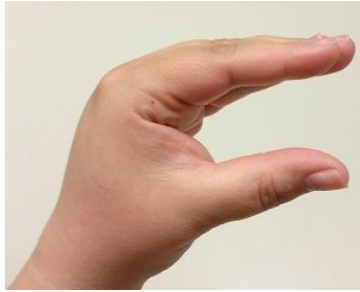


Metacarpal Fracture

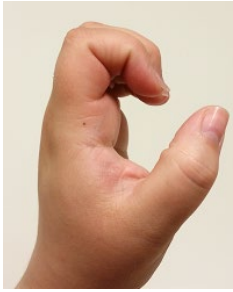
Tendon Gliding Exercises



1. Straight



2. Salute



3. Hook



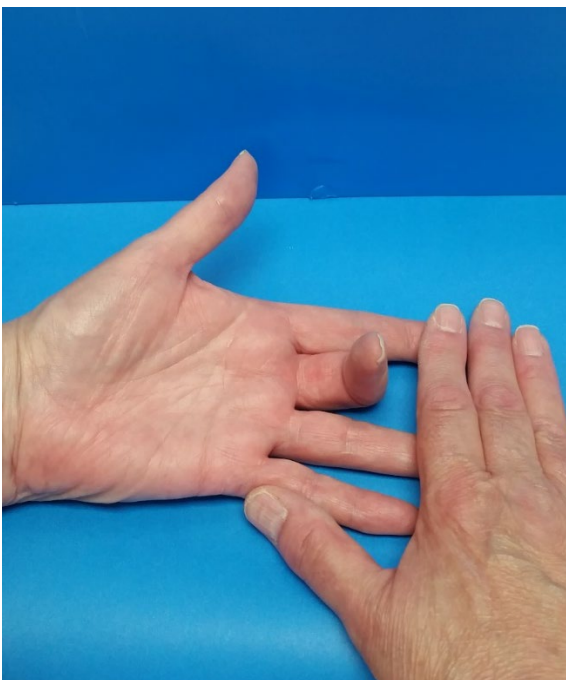
4. Fist



5. Straight Fist

Always return to straight after each exercise

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



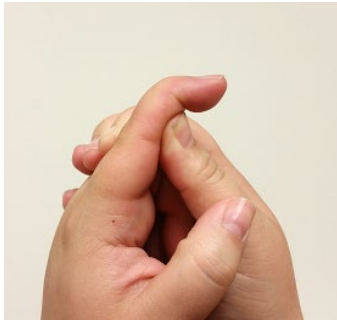
6. FDS Gliding

Hold fingers as shown. Bend the involved finger at the middle joint (PIP joint), hold for 5 seconds, and then straighten the finger.

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

UPSWING HEALTH

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.



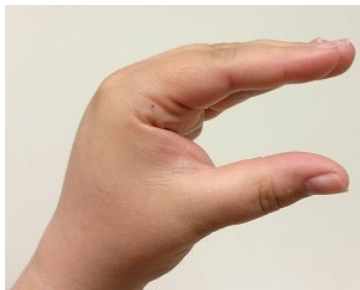
2. PIP Blocking

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

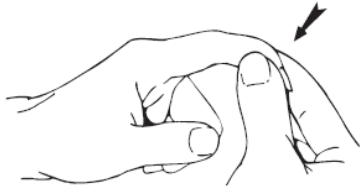


7. Straight Fist

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

UPSWING HEALTH

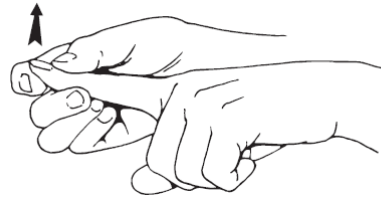
Passive Finger Exercises



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.

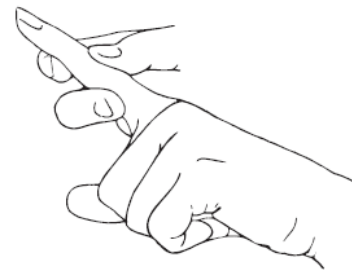
Repeat 8 – 10 times, 3 – 4 times per day.



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.

UPSWING HEALTH



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.



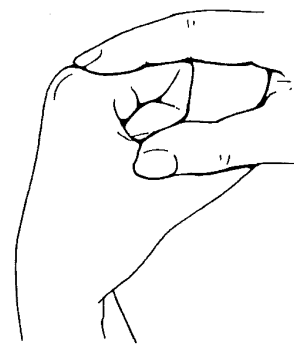
8. MP Extension (alternate position)

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.

UPSWING HEALTH

Finger Flexion - Passive Elasticized Wrap



1. Wrap coban around wrist to secure.



2. Wrap coban around wrist and up and over your index finger.



3. Continue the same technique over your middle finger.



4. Again, continue the same technique around your wrist and up over the ring finger.



5. Finish the wrap over your small finger and then place remaining roll on your thumb.

Hold stretch for 10 – 20 minutes or to your tolerance. Avoid too tight of a wrap – you should feel a gentle stretch.

Repeat 3 times per day.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.

Wrist & Forearm Active ROM Exercises



1. Wrist Flexion & Extension

With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open. Repeat 8 – 10 times, 3 – 4 times per day.



2. Wrist Ulnar and Radial Deviation

With hand flat on table, slide hand side. Repeat 8 – 10 times, 3 – 4 times per day.



3. Forearm Supination and Pronation

Keeping elbow bent and close to your side, rotate your hand to turn palm up, and then palm down. It is helpful to use a light hammer or light weighted dowel to perform this exercise. Repeat 8 – 10 times, 3 – 4 times per day.

UPSWING HEALTH

Wrist and Forearm Strengthening

Weights and Resistance Band should be light resistance – not too strenuous



1. Wrist Extension – Weight

With wrist over edge of table, hold 1 – 5 weight in hand. Lift hand up, then relax back down. Repeat 8 – 10 times, 3 – 4 times per day.



2. Wrist Flexion – Weight

With wrist over edge of table, palm up, hold weight in hand. Lift hand/wrist up, then relax back down. Repeat 8 – 10 times, 3 – 4 times per day.



Wrist Extension – Resistance Band

Wrap a resistance band in hand with opposite end secured under your foot. While supporting your forearm on your leg, lift hand up, then relax back down.

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



Wrist Flexion – Resistance Band

Wrap resistance band in hand with opposite end secured under your foot. While supporting your forearm on your leg, Lift hand palm up, then relax back down.

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