

Finger Sprain

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.



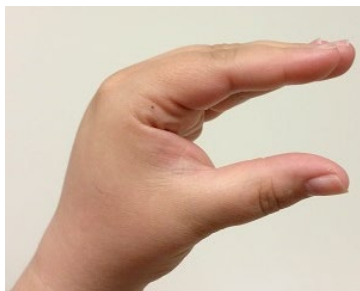
2. PIP Blocking

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



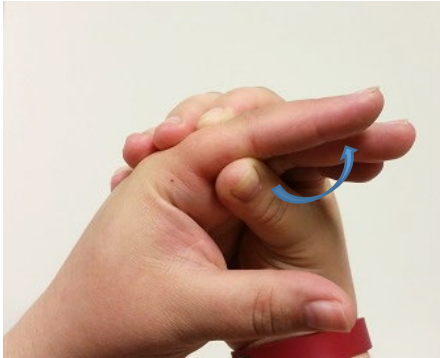
6. Fist



7. Straight Fist

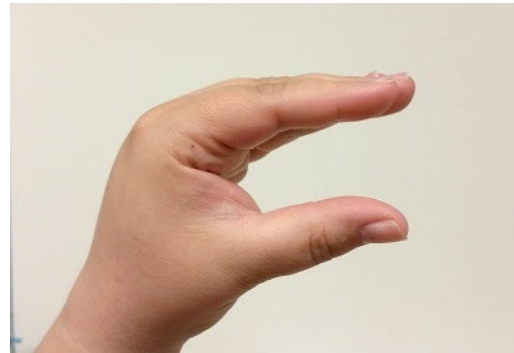
Repeat 8 – 10 times, 3 – 4 times per day.

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.



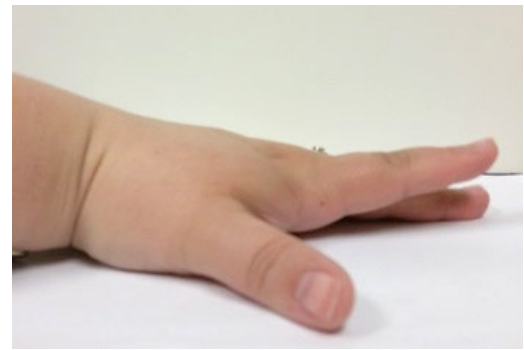
2. Salute

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.

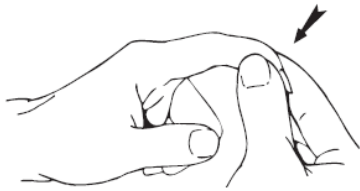


4. Individual Finger Extension

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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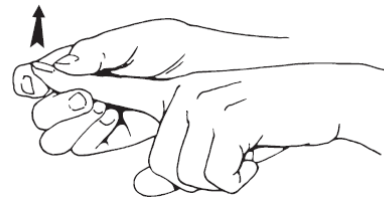
Passive Finger Exercises



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.

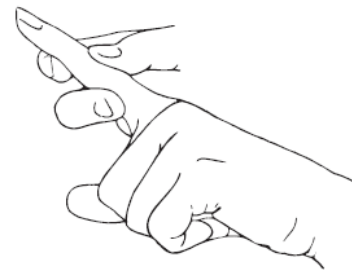
Repeat 8 – 10 times, 3 – 4 times per day.



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.



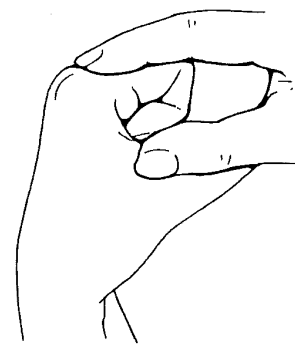
8. MP Extension (alternate position)

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.

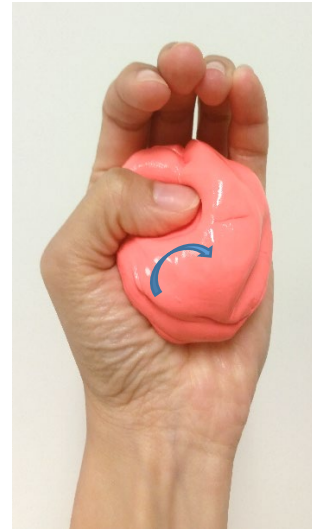
If the putty gets soft, keep in in the refrigerator.

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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.

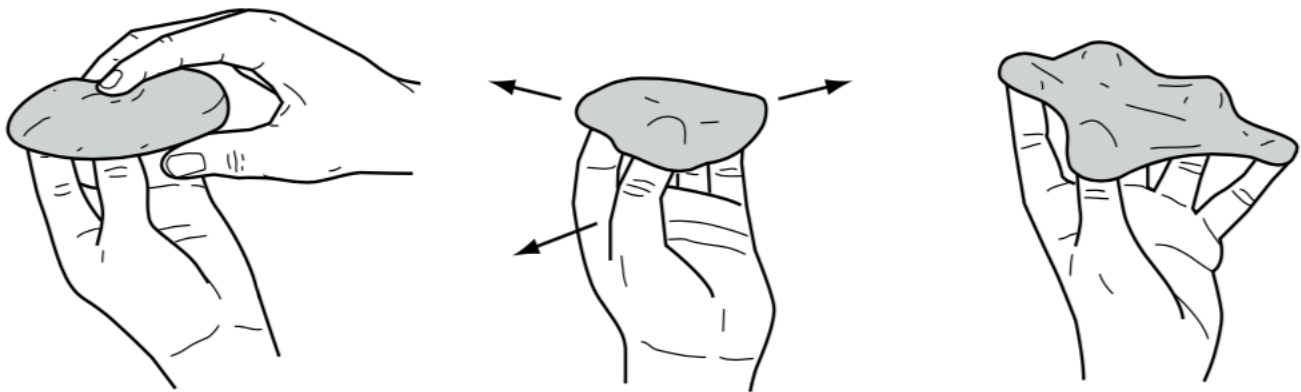


9. Thumb Extension

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.