

Jersey Finger

Weeks 1 and 2

STEP 1



STEP 2



Seated Finger DIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by gently pinching the end of your finger at the last knuckle.

Movement

Slowly bend the end of your finger using your other hand.

Tip

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



Seated Finger PIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by gently pinching your finger at the middle knuckle.

Movement

Using your other hand, slowly bend your finger at this middle knuckle.

Tip

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



Finger MP Flexion Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with your elbow resting on a table.

Movement

Grasp the lower section of your finger and gently bend it down as far as you can, then bring it back up and repeat.

Tip

Make sure to keep your finger relaxed during the exercise.

STEP 1



STEP 2



Seated Wrist Flexion Extension PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your arm resting on a table or surface at your side and your wrist straight. Grasp this hand with your other hand.

Movement

Using your supportive hand to control the motion, gently bend your involved wrist upward and then downward.

Tip

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



Hand Towel Scrunching

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your arm resting on a table and your hand face down on a towel.

Movement

Scrunch the towel with all of your fingers.

Tip

Make sure to keep your movements controlled.



Finger Extension with Wrist Flexion Caregiver PROM

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

The patient should be lying on their back in a comfortable position. The caregiver should be stabilizing the patient's palm, and their other hand should be grasping their fingers evenly, finger pad to finger pad.

Movement

The caregiver should then gently bend the patient's wrist forward and fingers backward, then repeat.

Tip

The patient should stay as relaxed as possible during the exercise.



Towel Roll Squeeze

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

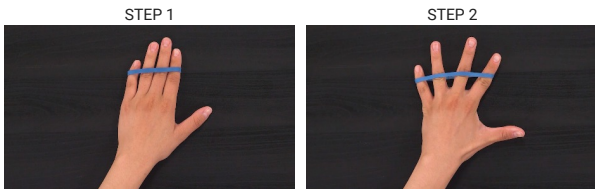
Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

Movement

Gently squeeze the towel with your hand.

Tip

Make sure to keep your forearm and wrist still.



Finger Abduction with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

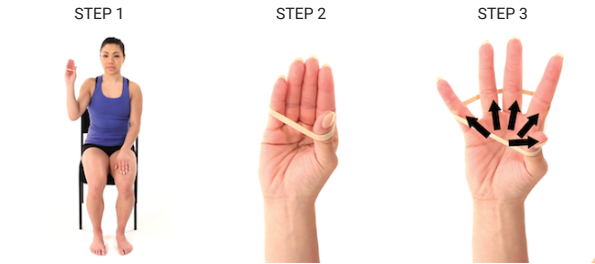
Begin sitting upright your hand flat on a table, palm down, with a rubber band looped around your fingers.

Movement

Spread your fingers apart, pressing against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your movements slow and controlled during the exercise.



Resisted Finger Extension and Thumb Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.



Putty Squeezes

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your hand in a comfortable position, holding putty in your palm.

Movement

Gently squeeze the putty using all of your fingers equally, and repeat.

Tip

Make sure to keep the rest of your arm relaxed during the movement.



STEP 1



STEP 2

Lumbrical Strengthening with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your elbows supported on a table and a rubber band looped around the base of your fingers. Use your other hand to hold the rubber band behind your involved hand.

Movement

Keeping the middle and end joints of your fingers straight, bend the bottom joints of your fingers, pulling against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your movements slow and controlled during the exercise.



STEP 1



STEP 2

Standing Plank on Wall

REPS: 3 | SETS: 1 | HOLD: 10 | DAILY: 1 | WEEKLY: 7

On fingertips.

Setup

Begin in a standing upright position facing a wall.

Movement

Place both hands flat on the wall in front of you, then step your feet back into a plank position and hold.

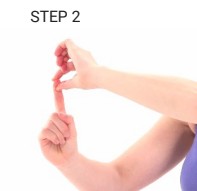
Tip

Make sure to tighten your abdominal and buttock muscles and keep your body in a straight line. Do not shrug your shoulders during the exercise.

Weeks 3 and 4



STEP 1



STEP 2

Seated Finger DIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by gently pinching the end of your finger at the last knuckle.

Movement

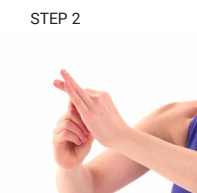
Slowly bend the end of your finger using your other hand.

Tip

Make sure to only move through a pain-free range of motion.



STEP 1



STEP 2

Seated Finger PIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

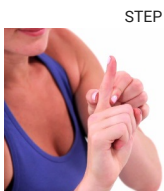
Begin by gently pinching your finger at the middle knuckle.

Movement

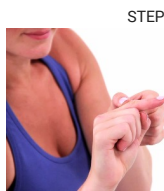
Using your other hand, slowly bend your finger at this middle knuckle.

Tip

Make sure to only move through a pain-free range of motion.



STEP 1



STEP 2

Finger MP Flexion Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with your elbow resting on a table.

Movement

Grasp the lower section of your finger and gently bend it down as far as you can, then bring it back up and repeat.

Tip

Make sure to keep your finger relaxed during the exercise.

STEP 1



STEP 2



Seated Wrist Flexion Extension PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your arm resting on a table or surface at your side and your wrist straight. Grasp this hand with your other hand.

Movement

Using your supportive hand to control the motion, gently bend your involved wrist upward and then downward.

Tip

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



Hand Towel Scrunching

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your arm resting on a table and your hand face down on a towel.

Movement

Scrunch the towel with all of your fingers.

Tip

Make sure to keep your movements controlled.

STEP 1



STEP 2



Finger Extension with Wrist Flexion Caregiver PROM

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

The patient should be lying on their back in a comfortable position. The caregiver should be stabilizing the patient's palm, and their other hand should be grasping their fingers evenly, finger pad to finger pad.

Movement

The caregiver should then gently bend the patient's wrist forward and fingers backward, then repeat.

Tip

The patient should stay as relaxed as possible during the exercise.

STEP 1



STEP 2



Towel Roll Squeeze

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

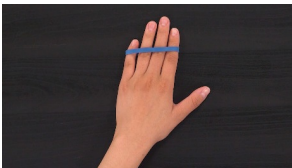
Movement

Gently squeeze the towel with your hand.

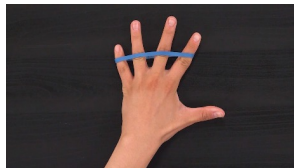
Tip

Make sure to keep your forearm and wrist still.

STEP 1



STEP 2



Finger Abduction with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright your hand flat on a table, palm down, with a rubber band looped around your fingers.

Movement

Spread your fingers apart, pressing against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your movements slow and controlled during the exercise.

STEP 1



STEP 2



STEP 3



Resisted Finger Extension and Thumb Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.

STEP 1



STEP 2



STEP 3



Putty Squeezes

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your hand in a comfortable position, holding putty in your palm.

Movement

Gently squeeze the putty using all of your fingers equally, and repeat.

Tip

Make sure to keep the rest of your arm relaxed during the movement.

STEP 1



STEP 2



Lumbrical Strengthening with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your elbows supported on a table and a rubber band looped around the base of your fingers. Use your other hand to hold the rubber band behind your involved hand.

Movement

Keeping the middle and end joints of your fingers straight, bend the bottom joints of your fingers, pulling against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your movements slow and controlled during the exercise.

STEP 1



STEP 2



Standing Plank on Wall

REPS: 3 | SETS: 1 | DAILY: 1 | WEEKLY: 7

On fingertips.

Setup

Begin in a standing upright position facing a wall.

Movement

Place both hands flat on the wall in front of you, then step your feet back into a plank position and hold.

Tip

Make sure to tighten your abdominal and buttock muscles and keep your body in a straight line. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



Wall Clock

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Complete with ball instead of towel.

Setup

Begin standing upright facing a wall. Place your hand flat on a towel on the wall at shoulder height.

Movement

Slide your arm along the wall out to the different times of a clock, returning to the starting position between each repetition.

Tip

Make sure to gently squeeze your shoulder blade down and back during the exercise.

STEP 1



STEP 2



Ball Toss with Eye Tracking

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your feet shoulder width apart.

Movement

Toss a tennis ball from one hand and catch it with your other hand, watching the ball with your eyes.

Tip

Make sure to move both your head and your eyes while watching the ball.

STEP 1



STEP 2



STEP 3



Farmer's Carry with Kettlebells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Utilize 1-2 pound weight.

Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



STEP 2



Full Plank

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Complete plank on fingertips. Begin with a 30 second hold and gradually increase to a 60 second hold.

Setup

Begin on all fours with your arms directly underneath your shoulders.

Movement

Extend your legs backward so your body is in a plank position, and hold.

Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Complete push up on fingertips.

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.