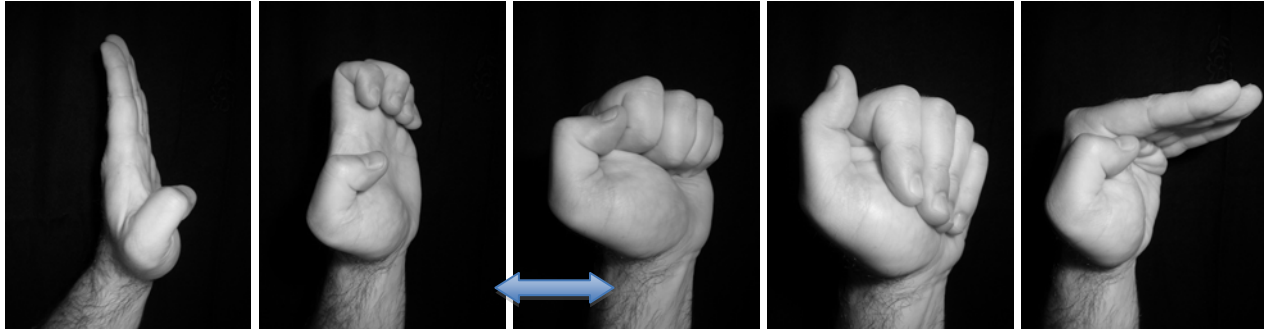


Finger and thumb exercises

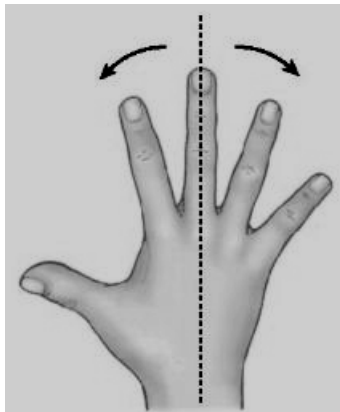
Tendon Gliding:



Straight → **Hook** → **Fist** → **Straight fist** → **Table top**

Begin with straight fingers. Bend tips of fingers keeping knuckles straight (see Hook). Make a closed fist then a straight fist. Make open fist with tips straight (table top). Glide through the positions in a smooth fashion.

- Practice moving between the Hook and Fist _____
- Practice moving between the Straight fist and Table top _____



Fingers apart and together (Abduction / Adduction)

Place your hand flat on a table, spread all the fingers apart, and then bring them together as close as possible.

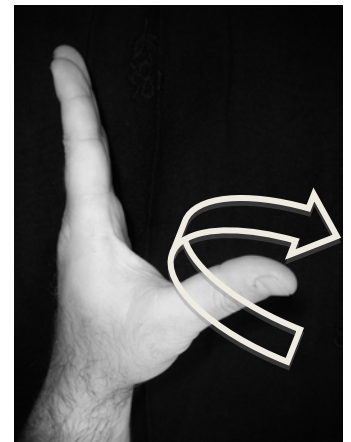
Repeat _____ times.

Do _____ sessions per day.

Thumb Circles (Circumduction)

Make circles with the thumb, clockwise and counterclockwise.

Repeat _____ times. Do _____ sessions per day.



Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling, or a spread of the pain. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.