

## Finger Joint Blocking and Composite Flexion

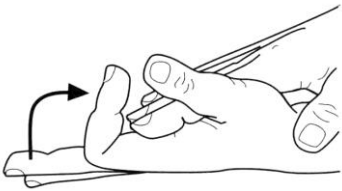
All exercises should be done slowly and smoothly. Maintain the desired position for 3-5 second before relaxing.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ x day



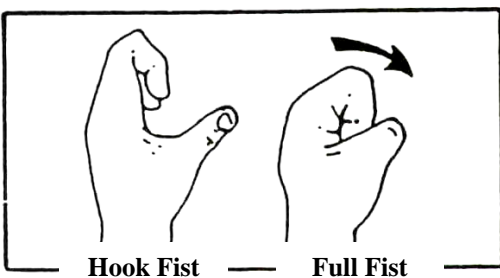
### DIP Joint Blocking

- With your opposite hand grasp and stabilize the affected finger at the middle section just below the end (DIP) joint.
- Actively flex (bend) and extend (straighten) the finger at the end joint only
- Hold the rest of the finger in extension (straight).
- Repeat for each finger individually.



### PIP Joint Blocking

- With your opposite hand grasp and stabilize the affected finger at the proximal phalanx (ring level) just below the middle joint.
- Actively flex (bend) and extend (straighten) the finger at the middle joint only
- Hold the rest of the finger in extension (straight).
- Repeat for each finger individually.



### Composite Flexion

- **1-Hook-** With the fingers extended (straight) actively flex (bend) the end and middle (PIP) joint as much as possible.
- **2-Fist-** Make a full fist bending all joints as much as possible.

