

Intrinsic Exercises

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

Perform _____ repetitions _____ x day

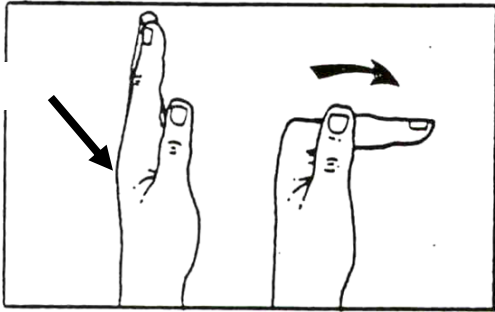
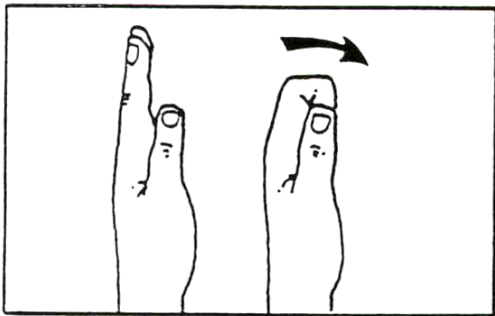


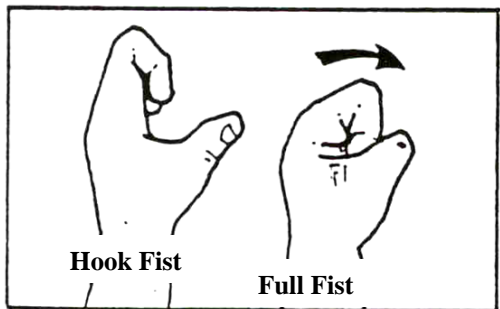
Table top

- Start with the fingers completely straight
- Make a tabletop by bending at the MP joint (big knuckle) only. Keep the end joints straight



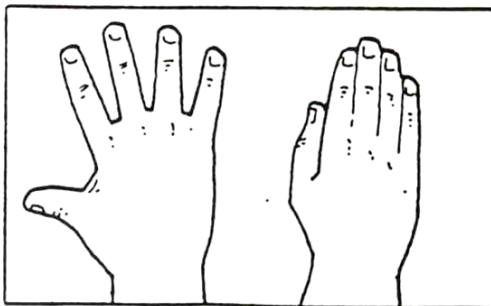
Hook Fist

- Start with the fingers completely straight
- Keep the MP joint (big knuckle) extended (straight) and flex (bend) the middle (PIP) and end (DIP) joints



Composite Flexion

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



Abduction

- Place the hand flat on a table.
- Abduct (spread) the fingers & thumb apart.
- Then bring them together (Adduct).

