

Range of Motion Exercises for the Hands



MCP Flexion

Make a fist – heel of one hand may need to press on the back of the other hand near the knuckle joints

PIP Joint



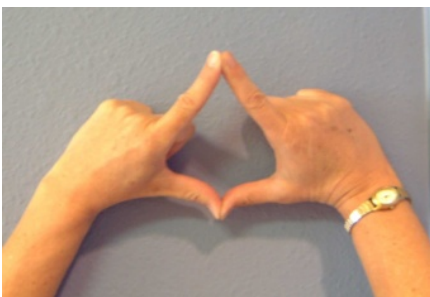
Push hand flat to try to get the fingers to lay flat on a table



Use three points of pressure



Thumb



Abduction – put pads of index finger and thumb together and push apart



Flexion – bend thumb to try to touch the bottom of the little finger