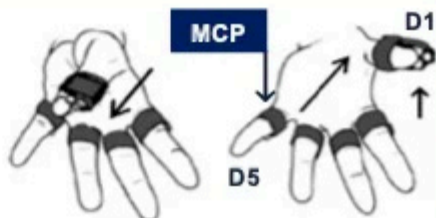
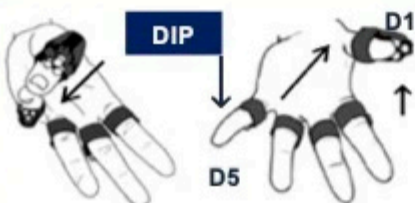




1. THUMB STRETCH



D1 to D5 DIP



D1 to D5 MCP

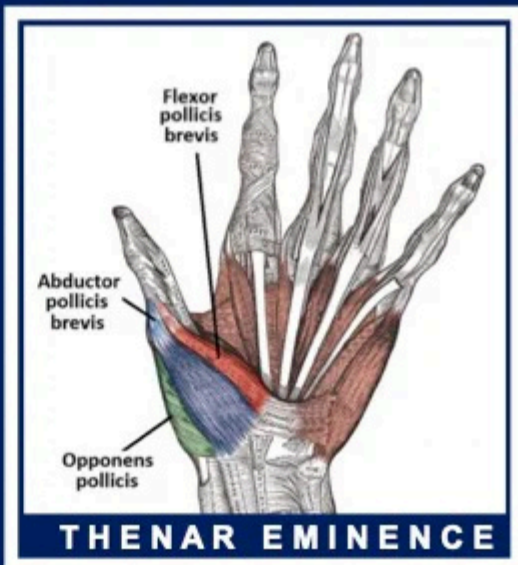
- Start w/ hands relaxed
- Touch D1 to top joint (DIP) of D5. Hold for 3 seconds. Extend D1 to full range
- Touch D1 to base joint (MCP) of D5. Hold for 3 seconds.
- Extend D1 to full range = 1 rep
- 10 reps = 1 set | Perform 3 sets

MUSCLES ACTIVATED

- Flexor Pollicis Brevis
- Abductor Pollicis Brevis
- Opponens Pollicis

JOINTS ENGAGED

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal



THUMB STRETCH	.1
Thumb Flex	.2
Thumb Circles	.3
Finger Lift	.4
Finger Walk	.5
Finger Circles	.6
Finger Bridge	.7
Fist-To-Claw	.8
Wrist Flex	.9
Wrist Circles	.10

PROGRAM

10

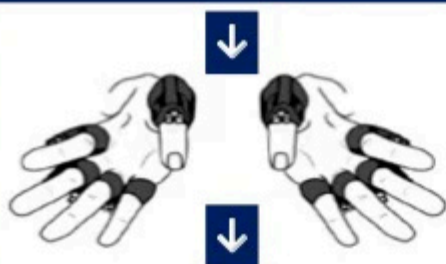




2. THUMB FLEX



FLEXION



EXTENSION



- Start w/ hands relaxed
- Flex D1 downward to full range of motion. Hold for 3 seconds.
- Reverse. Extend D1 upward to full range = 1 rep
- 10 reps = 1 set | Perform 3 sets

MUSCLES ACTIVATED

- Flexor Pollicis Longus
- Adductor Pollicis
- Flexor Pollicis Brevis

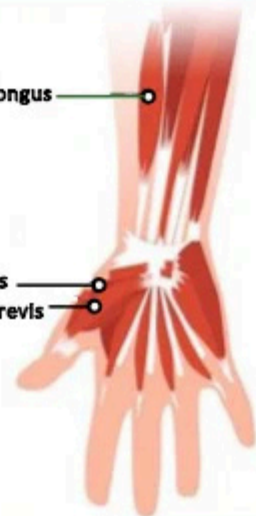
JOINTS ENGAGED

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal

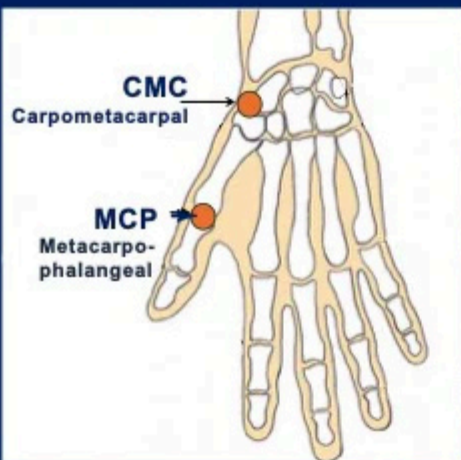
Flexor Pollicis Longus

Adductor Pollicis

Flexor Pollicis Brevis



MUSCLES OF THE THUMB



JOINTS OF THE THUMB

PROGRAM

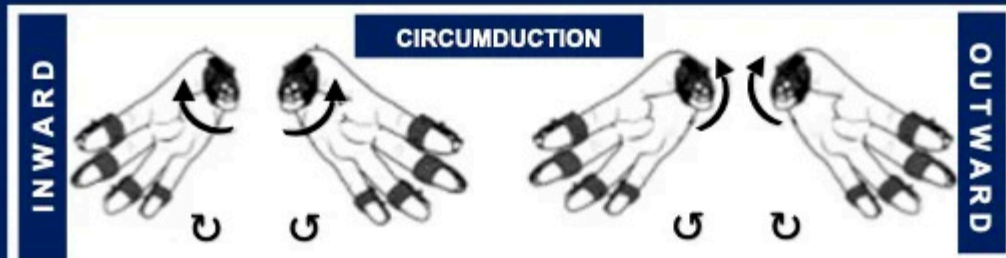
10



- Thumb Stretch .1
- THUMB FLEX** .2
- Thumb Circles .3
- Finger Lift .4
- Finger Walk .5
- Finger Circles .6
- Finger Bridge .7
- Fist-To-Claw .8
- Wrist Flex .9
- Wrist Circles .10



3. THUMB CIRCLES



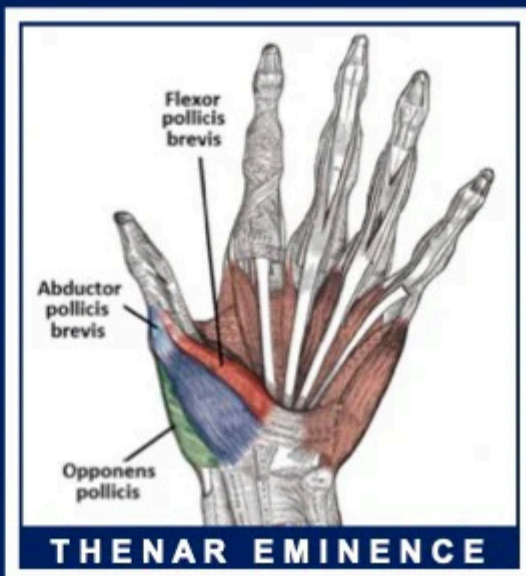
- Start w/ hands relaxed
- Circle D1 inward completing 10 revolutions
- Reverse. Circle D1 outward 10 revolutions = 1 set
- Perform 3 sets

MUSCLES ACTIVATED

- Flexor Pollicis Brevis
- Abductor Pollicis Brevis
- Opponens Pollicis

JOINTS ENGAGED

- CMC : Carpometacarpal
- MCP : Metacarpophalangeal



PROGRAM

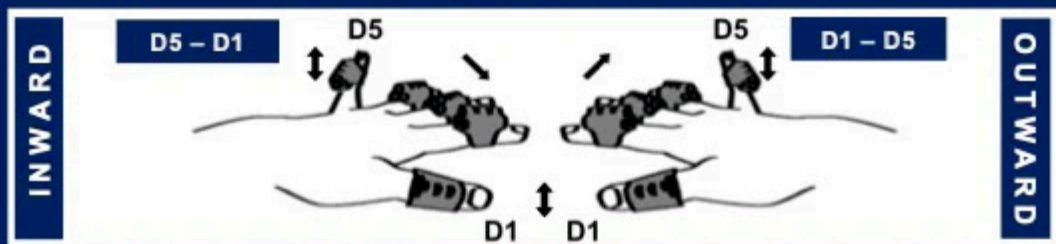
10



Thumb Stretch	.1
Thumb Flex	.2
THUMB CIRCLES	.3
Finger Lift	.4
Finger Walk	.5
Finger Circles	.6
Finger Bridge	.7
Fist-To-Claw	.8
Wrist Flex	.9
Wrist Circles	.10



4. FINGER LIFT



- Start with hands on a flat surface
- Beginning with D5, lift each digit 10x, holding each lift for 3 seconds
- Reverse. D1 to D5, lift lift each digit 10x = 1 set
- Perform 3 sets

MUSCLES ACTIVATED

- Extensor Digitorum
- Extensor Digiti Minimi
- Extensor Pollicis Longus

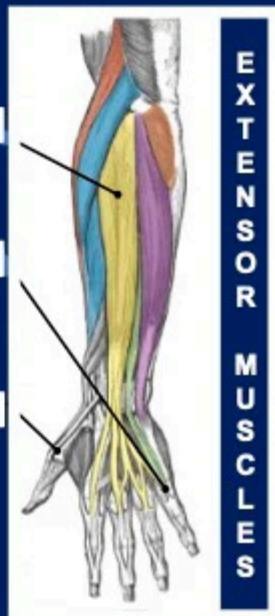
JOINTS ENGAGED

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal

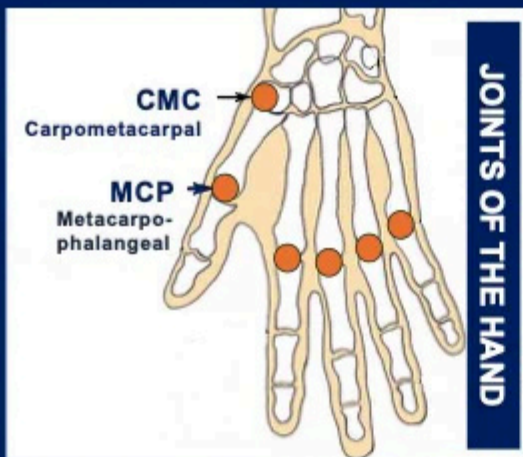
EXTENSOR DIGITORUM

EXTENSOR DIGITI MINIMI

EXTENSOR POLLICIS LONGUS



EXTENSOR MUSCLES



JOINTS OF THE HAND

PROGRAM

10



- Thumb Stretch .1
- Thumb Flex .2
- Thumb Circles .3
- FINGER LIFT .4**
- Finger Walk .5
- Finger Circles .6
- Finger Bridge .7
- Fist-To-Claw .8
- Wrist Flex .9
- Wrist Circles .10



5. FINGER WALK



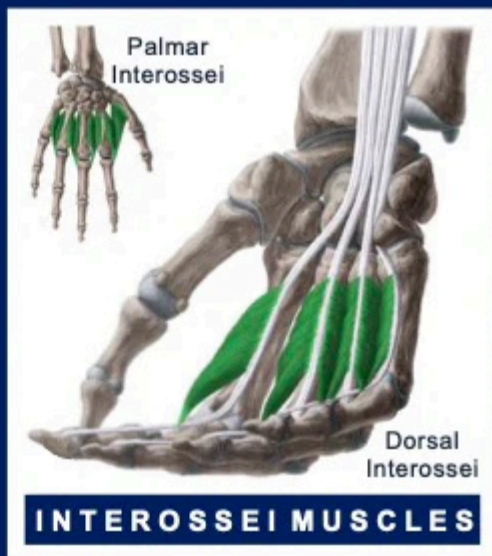
- Start w/ hands on a flat surface fingers evenly spaced
- Moving D1 to D5 slide each digit inward
- Reverse. Moving D5 to D1 slide each digit outward = 1 set
- Perform 10 sets

MUSCLES ACTIVATED

- Palmar Interossei
- Dorsal Interossei

JOINTS ENGAGED

- MCP : Metacarpophalangeal



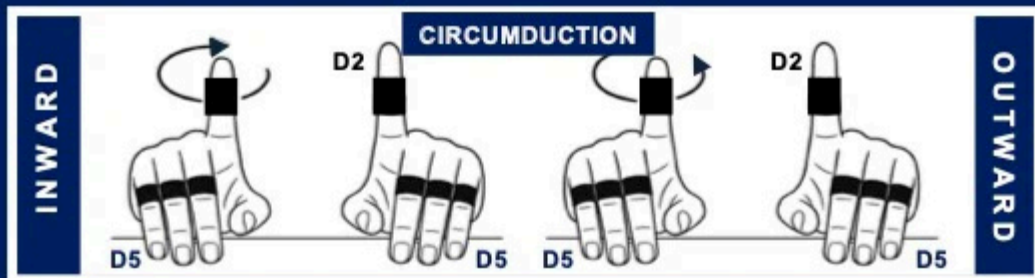
PROGRAM 10



Thumb Stretch	.1
Thumb Flex	.2
Thumb Circles	.3
Finger Lift	.4
FINGER WALK	.5
Finger Circles	.6
Finger Bridge	.7
Fist-To-Claw	.8
Wrist Flex	.9
Wrist Circles	.10



6. FINGER CIRCLES



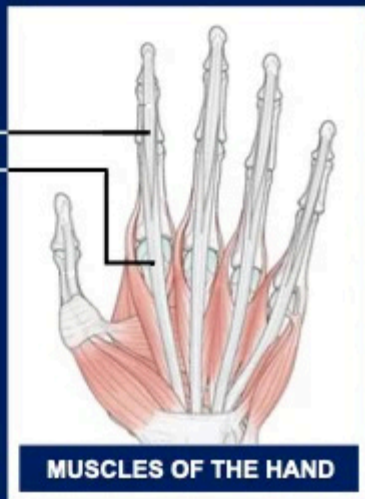
- Start w/ hands on a flat surface
- Begin w/ D2 end with D5 raise and circle each digit inward 10 revolutions
- Reverse. Begin w/ D5 end w/ D2 circle each digit outward 10 revs = 1 set
- Perform 3 sets

MUSCLES ACTIVATED

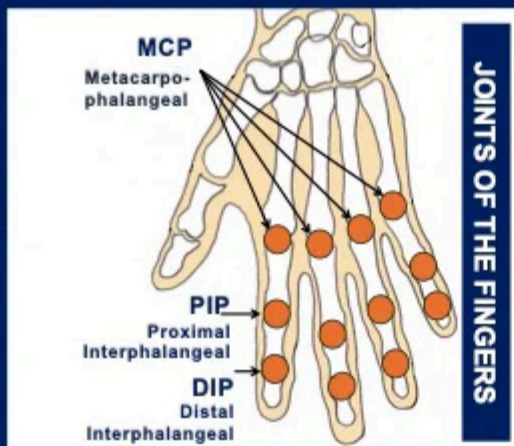
- Flexor Digitorum Profundus
- Flexor Digitorum Superficialis

JOINTS ENGAGED

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal
- DIP : Distal Interphalangeal



MUSCLES OF THE HAND



JOINTS OF THE FINGERS

PROGRAM

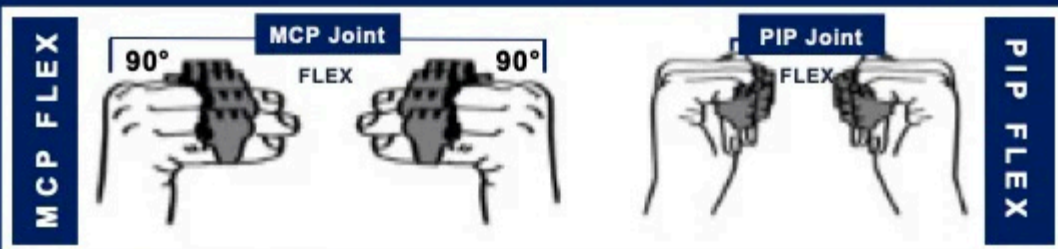
10



Thumb Stretch	.1
Thumb Flex	.2
Thumb Circles	.3
Finger Lift	.4
Finger Walk	.5
FINGER CIRCLES	.6
Finger Bridge	.7
Fist-To-Claw	.8
Wrist Flex	.9
Wrist Circles	.10



7. FINGER BRIDGE



- Start w/ hands relaxed
- Flex fingers at the MCP joint to 90°
- Next, flex fingers at the PIP joint to touch palm
- Reverse. Extend fingers at the PIP back to 90°. Extend fingers to full range = 1 rep
- 10 reps = 1 set | Perform 3 sets

MUSCLES ACTIVATED

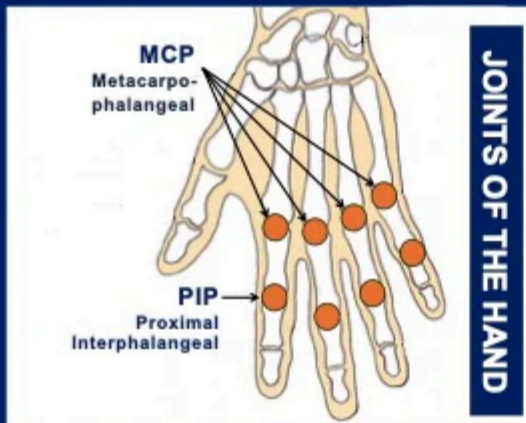
- Flexor Digitorum Profundus
- Flexor Digitorum Superficialis

JOINTS ENGAGED

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal



MUSCLES OF THE HAND



JOINTS OF THE HAND

PROGRAM

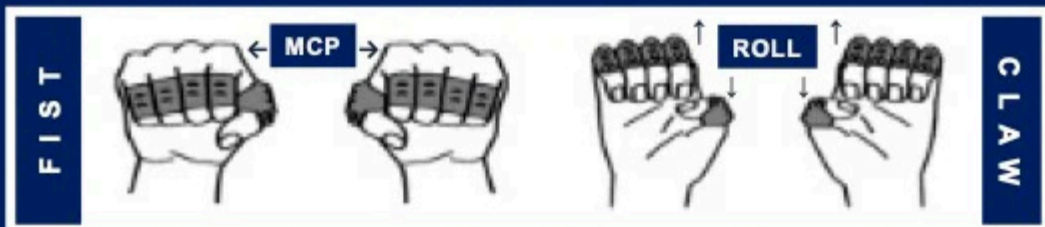
10



- Thumb Stretch .1
- Thumb Flex .2
- Thumb Circles .3
- Finger Lift .4
- Finger Walk .5
- Finger Circles .6
- FINGER BRIDGE .7**
- Fist-To-Claw .8
- Wrist Flex .9
- Wrist Circles .10



8. FIST-TO-CLAW



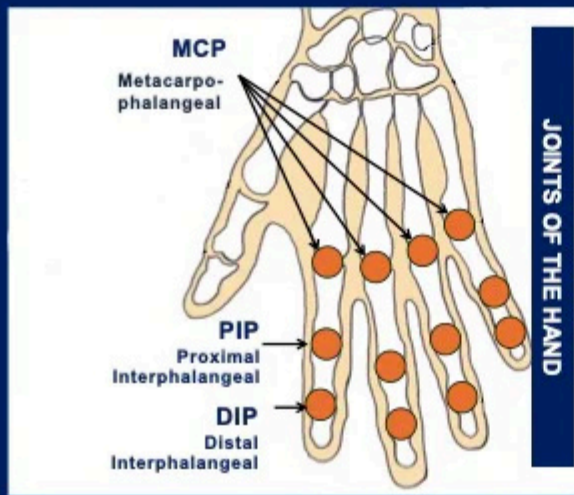
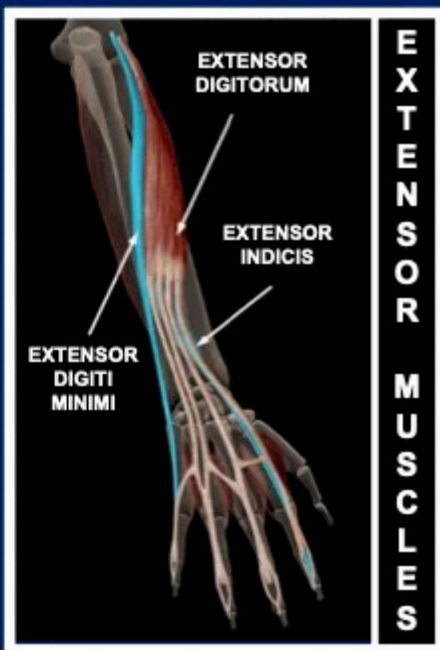
- Start by making a fist
- Roll hands open at the MCP joint to claw position
- Reverse. Roll hands closed at the MCP back to fist position = 1 rep
- 10 reps = 1 set | Perform 3 sets

MUSCLES ACTIVATED

- Extensor Digitorum
- Extensor Indicis
- Extensor Digiti Minimi

JOINTS ENGAGED

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal
- DIP : Distal Interphalangeal



PROGRAM

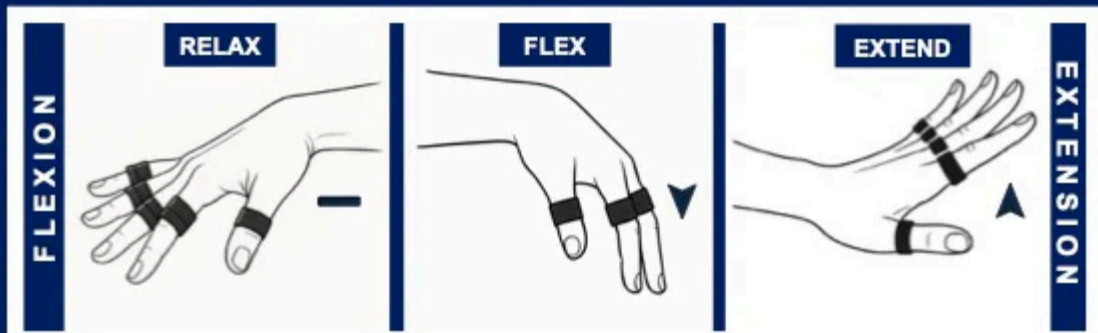
10



Thumb Stretch	.1
Thumb Flex	.2
Thumb Circles	.3
Finger Lift	.4
Finger Walk	.5
Finger Circles	.6
Finger Bridge	.7
FIST-TO-CLAW	.8
Wrist Flex	.9
Wrist Circles	.10



9. WRIST FLEX



- Start with hands relaxed
- Flex wrist downward. Hold for 3 seconds
- Reverse. Extend wrist upward. Hold for 3 seconds = 1 rep
- 10 Reps = 1 set | Perform 3 sets

MUSCLES ACTIVATED

- Flexor Carpi Radialis
- Flexor Carpi Ulnaris
- Palmaris Longus

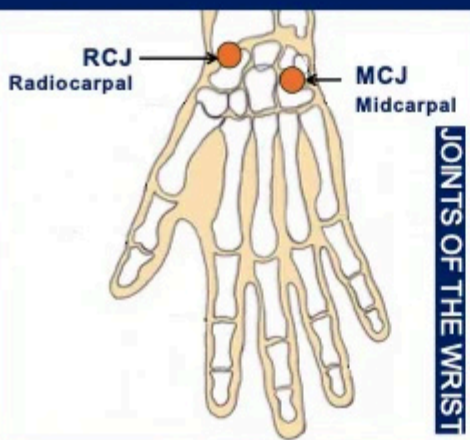
JOINTS ENGAGED

- MCJ : Midcarpal
- RCJ : Radiocarpal

FLEXOR CARPI RADIALIS

PALMARIS LONGUS

FLEXOR CARPI ULNARIS



PROGRAM

10



- Thumb Stretch .1
- Thumb Flex .2
- Thumb Circles .3
- Finger Lift .4
- Finger Walk .5
- Finger Circles .6
- Finger Bridge .7
- Fist-To-Claw .8
- WRIST FLEX** .9
- Wrist Circles .10

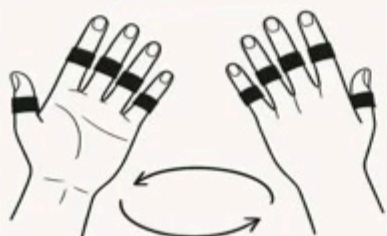


10. WRIST CIRCLES

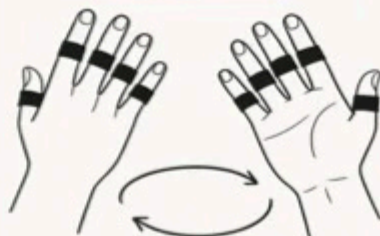


CIRCUMDUCTION

INWARD



OUTWARD



CIRCUMDUCTION

- Start w/ hands relaxed
- Circle wrists inward completing 10 revolutions
- Reverse. Circle outward 10 revolutions = 1 set
- Perform 3 sets

MUSCLES ACTIVATED

- Flexor Carpi Radialis
- Pronator Teres
- Palmaris Longus
- Flexor Carpi Ulnaris

JOINTS ENGAGED

- RCJ : Radiocarpal
- ICJ : Intercarpal

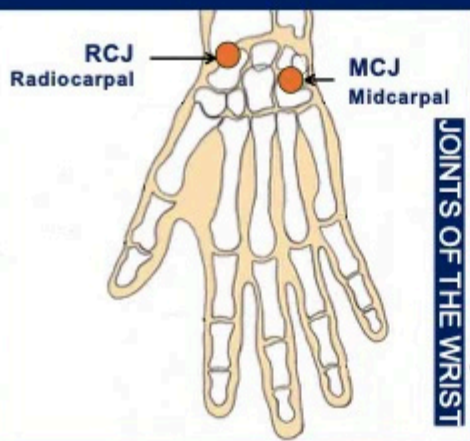
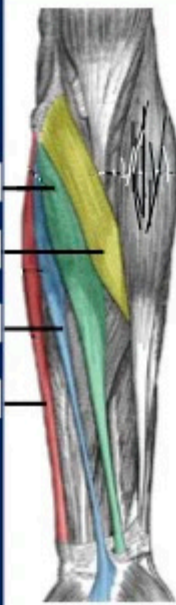
FLEXOR CARPI RADIALIS

PRONATOR TERES

PALAMRIS LONGUS

FLEXOR CARPI ULNARIS

ANTERIOR FOREARM



PROGRAM

10



Thumb Stretch	.1
Thumb Flex	.2
Thumb Circles	.3
Finger Lift	.4
Finger Walk	.5
Finger Circles	.6
Finger Bridge	.7
Fist-To-Claw	.8
Wrist Flex	.9
WRIST CIRCLES	.10