

Occupational Therapy TOOLKIT

Hand Stretching and Active ROM

Stretching



- Finger DIP Flexion/Extension**
Hold the tip of the finger. Bend the first (DIP) joint. Hold 5 seconds. Straighten the first (DIP) joint. Hold the stretch for 5 seconds.

Repeat up to 5 times with each finger.

Active ROM



- Finger DIP Flexion/Extension**
Support the finger below the first (DIP) joint. Actively bend and straighten the first (DIP) joint.

Repeat up to 5 times with each finger.



- Finger PIP Flexion/Extension**
Hold the finger at the first (DIP) joint. Bend the middle (PIP) joint. Hold 5 seconds. Straighten the middle (PIP) joint. Hold the stretch for 5 seconds.

Repeat up to 5 times with each finger.



- Finger PIP Flexion/Extension**
Support the finger below the middle (PIP) joint. Actively bend and straighten the middle (PIP) joint.

Repeat up to 5 times with each finger.

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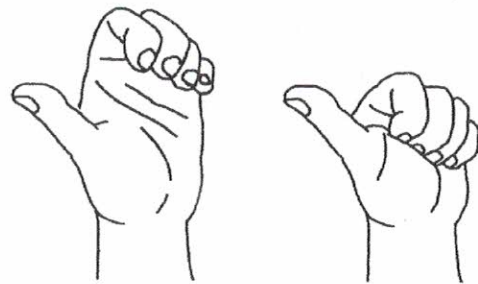
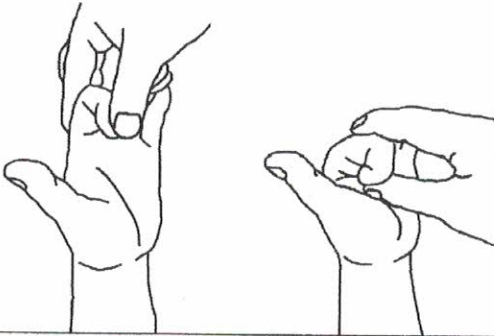


- Finger MP Flexion**
Hold the finger straight at the first (DIP) and middle (PIP) joints. Bend the base (MP) joint to form a 90 degree angle. Hold the stretch for 5 seconds.

Repeat up to 5 times with each finger.

- Finger MP Flexion**
Hold your finger straight at the first (DIP) and middle (PIP) joints. Actively bend the base (MP) joint to form a 90 degree angle.

Repeat up to 5 times with each finger.



- Combined Finger Flexion**
Bend the finger at the first (DIP) and middle (PIP) joints. Now bend the base (MP) joint to form a box. Hold the stretch for 5 seconds.

Repeat up to 5 times with each finger.

- Combined Finger Flexion**
Actively bend the finger at the first (DIP) and middle (PIP) joints. Now bend the base (MP) joint to form a box.

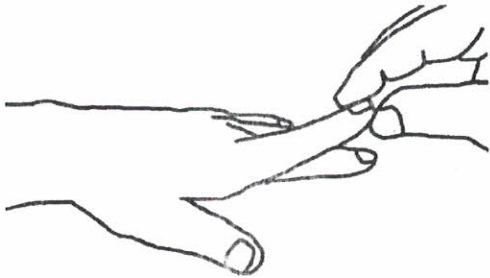
Repeat up to 5 times with each finger.

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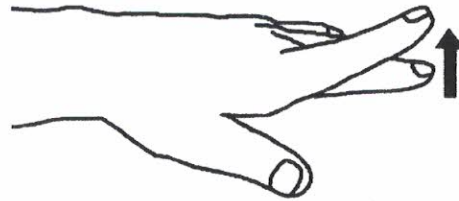
Stretching

Active ROM



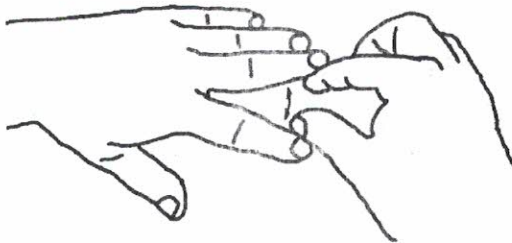
- Finger MP Extension**
Place your hand flat on the table. Hold the tip of the finger. Lift the finger off the table. Hold the stretch for 5 seconds.

Repeat up to 5 times with each finger.



- Finger MP Extension**
Place your hand flat on the table. Actively lift the finger off the table.

Repeat up to 5 times with each finger.



- Finger MP Abduction**
Place your hand flat on the table. Spread two fingers apart. Hold the stretch for 5 seconds.

Repeat up to 5 times with each set of fingers.



- Finger MP Abduction**
Place your hand flat on the table. Actively spread two fingers apart.

Repeat up to 5 times with each set of fingers.

