Relative Motion Exercises

PIP extension



Index Finger:

- Place Index finger beneath popsicle stick, middle finger on top, and ring finger beneath
- Straighten index finger against the popsicle stick as shown





Middle Finger:

- Place Middle finger below popsicle stick and remaining fingers above
- Straighten middle finger against the popsicle stick as shown





Ring Finger

- Place Ring Finger below popsicle stick and remaining fingers above
- Straighten ring finger against the popsicle stick as shown





Small Finger

- Place Small finger and index finger below popsicle stick
- Straighten small finger against the popsicle stick as shown



Relative Motion Exercises

PIP Flexion

Complete exercises 3x per day x 10 repetitions

Index Finger

Place Index finger and ring finger above popsicle stick and middle finger beneath
Bendindex finger against the popsicle stick focusing on curling finger around stick



RingFinger

Place ring finger above popsicle stick and remaining fingers below
Bendring finger against popsiclestick with focus on curling finger around popsicle stick



Middle Finger

Place middle finger abovepopsicle stick and index and ring fingers below
Bend all fingers against popsicle stick focusing on curling middle finger around popsicle stick



SmallFinger

Place small finger and index finger above popsicle stick and remaining fingers below
Bend small finger against popsicle stick with focus on curling finger around popsicle stick



Relative Motion Exercises

MCP Extension Stretching

Complete exercises 3x per day x 10 repetitions



Index Finger

- Place Index and Ring Fingers above popsicle stick and Middle finger beneath
- Extend all fingers pressing backward on popsicle stick until you feel a good stretch in your index finger





Middle Finger:

- Place Middle finger above popsicle stick and remaining fingers below
- Extend fingers pressing backward against the popsicle stick until you feel a good stretch in your Middle finger





Ring Finger:

- Place Ring finger and Index finger behind popsicle stick and Middle and Small fingers below
- Extend fingers pressing backward against popsicle stick until you feel a stretch in your ring finger





Small Finger:

- Place Small finger and Index finger above popsicle stick and Middle and Ring fingers below
- Extend fingers pressing backward against popsicle stick until you feel a stretch in your Small finger

