



HANDS ON THERAPY, LLC HOME EXERCISE PROGRAM

Name:

Diagnosis:

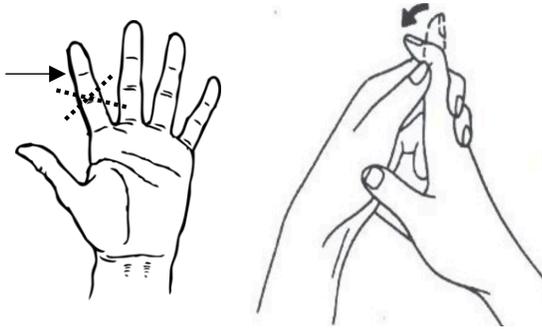
MD:

Therapist:

Perform exercises: _____ repetitions each, _____ times a day

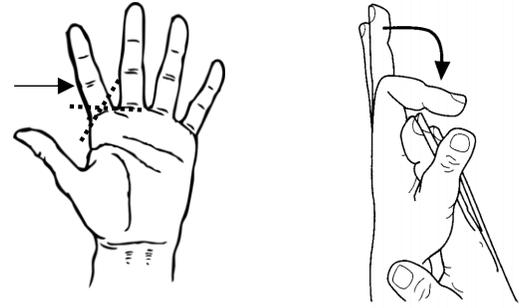
DIGITS

2. DIP Blocking



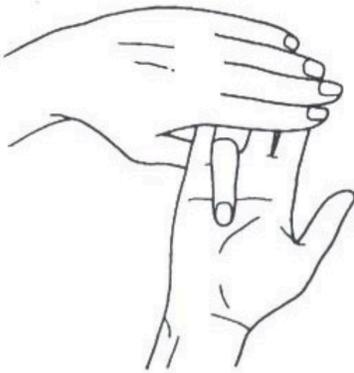
All Index Middle Ring Small

3. PIP Blocking



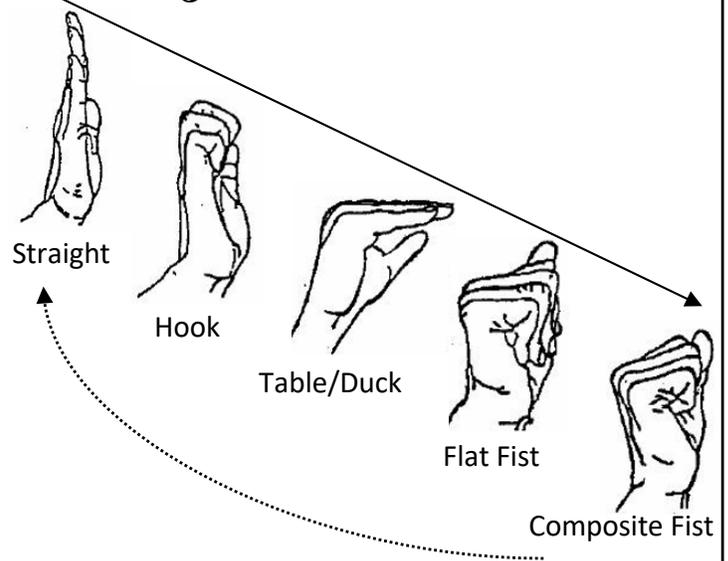
All Index Middle Ring Small

4. FDS Glide



All Index Middle Ring Small

5-6. Tendon Glides



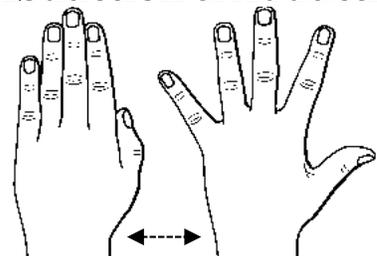
All Index Middle Ring Small

8. Finger Lifts



All Index Middle Ring Small

10. Digit Abduction & Adduction





HANDS ON THERAPY, LLC

HOME EXERCISE PROGRAM INSTRUCTIONS

DIGITS

- 2. DIP Blocking** Straighten your finger and hold over the middle joint so that it cannot move. Bend down the end joint as far as you can, hold for 3-5 seconds, then straighten it as much as possible.
- 3. PIP Blocking** Straighten your finger and hold over the big knuckle so that it cannot move. Bend your middle joint down as far as you can, hold for 3-5 seconds, then straighten your finger much as possible.
- 4. FDS Glide** Hold your fingers straight, leaving out the finger you want to perform the exercise on. Bend this finger at the middle joint as far as you can. Release and straighten your finger.
- 5-6. Tendon Glides**
- Straight: Extend or straighten all your fingers as much as possible so that your hand is flat. Hold position for 3-5 seconds.
- Hook: Bend at the middle and end joints of all your fingers while keeping your big knuckles straight. Make sure to keep your middle joints back so that they are directly above your big knuckles. Hold position for 3-5 seconds.
- Table/Duck: Bend your large knuckles while keeping the middle and end joints straight. Keep your wrist bent back slightly. Hold position for 3-5 seconds.
- Flat Fist: Bend at your large knuckles then bend your middle joints. Reach as far down as possible with your fingertips while keeping your end joints straight. It's important that the tops of your nails remain visible. Keep your wrist bent back slightly. Hold position for 3-5 seconds.
- Composite Fist: Make a full fist by bending your fingers at all the joints. Keep your wrist in neutral or bent slightly backward. Hold position for 3-5 seconds.
- 8. Finger Lifts** With your palm flat on the table, straighten your fingers completely. Lift your thumb off the table as high as possible and hold it up for 3-5 seconds. Gently lower your thumb back down. Go down the line of fingers doing the same thing with your index finger, middle finger, ring finger, and last your small finger.
- 10. Digit Abduction & Adduction** Place your hand flat on a table. Squeeze your fingers together so that they are all touching and hold for 3-5 seconds. Next, spread them apart as far as you can, trying to create an equal space between each finger, and hold this position for 3-5 seconds.



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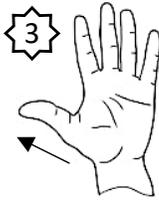
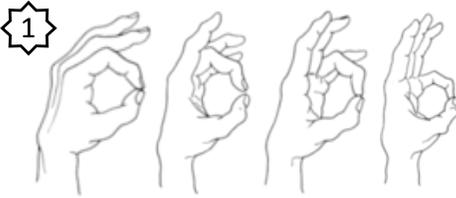
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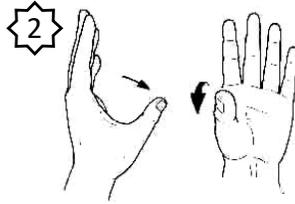
Perform exercises: _____ repetitions each, _____ times a day

THUMB

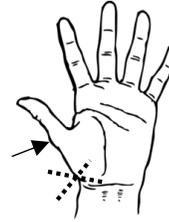
7. Thumb O's



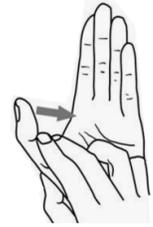
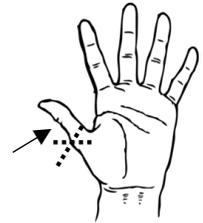
9. Palmar Abduction



11. MP Blocking



12. IP Blocking



WRIST

13-14. Wrist Flexion and Extension

Open Hand

Loose Fist

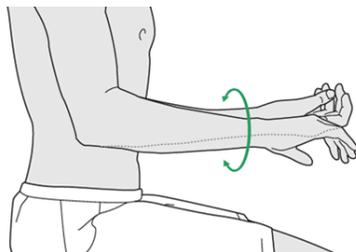


15. Radial and Ulnar Deviation



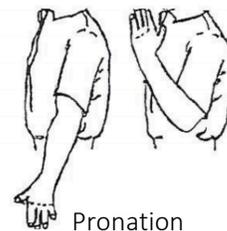
FOREARM

16. Pronation and Supination



ELBOW

17. Elbow Flexion and Extension



Neutral
(Thumb up)

Pronation
(Palm down)

Supination
(Palm up)

PLEASE VISIT WWW.HANDSONTHERAPY.NET AND CLICK ON "HOME EXERCISE VIDEOS" TO LEARN MORE ABOUT THESE EXERCISES OR TO COMPLETE THEM ALONGSIDE A MODEL!



HANDS ON THERAPY, LLC

HOME EXERCISE PROGRAM INSTRUCTIONS

THUMB

- 7. Thumb O's** Take the tip of your thumb and touch the tip of your index finger. Try to make a circle as round as you possibly can by bending every single joint of your thumb and index finger. Then take your thumb and do the same thing with your middle finger, ring finger, and small finger. When you are finished making a circle with your thumb and small finger (or the last finger you can reach), slide your thumb as far down as you can, and hold that position for 3-5 seconds. Next, bring your thumb out as wide as it can go so your hand is completely flat.
- 9. Palmar Abduction** Start with your thumb against your palm and parallel to your index finger. Move your thumb down far as you can, keeping it straight and in line with your index finger. When you feel a stretch, hold for 3-5 seconds.
- 11. MP Blocking** Use your unaffected hand to hold between the top of your wrist and bottom of your thumb to prevent thumb opposition. Bend down your thumb at the big knuckle as far as you can, hold for 3-5 seconds, then straighten it as much as possible.
- 12. IP Blocking** Straighten your thumb and use your unaffected hand to hold over your thumb's big knuckle so that it cannot bend. Once in this position, bend down the tip of your thumb as far as you can, hold for 3-5 seconds, then straighten it as much as possible.

WRIST

- 13-14. Wrist Flexion and Extension** Open Hand: Rest your elbow on a table. Open your hand so that your fingers are straight but relaxed. While keeping your forearm still, bend your wrist back as far as you can. Once you feel a stretch, hold it for 3-5 seconds. Then slowly bend your wrist forward until you feel a stretch and hold this position for 3-5 seconds. Loose Fist: Rest your elbow on a table. Close your hand so that your fingers are in a loose fist. While keeping your forearm still, bend your wrist back as far as you can. Once you feel a stretch, hold it for 3-5 seconds. Then slowly bend your wrist forward until you feel a stretch and hold this position for 3-5 seconds.
- 15. Radial and Ulnar Deviation** With your elbow by your side, place your hand flat on a table in front of you. Open your hand so that your fingers are straight but relaxed. While keeping your forearm still, bend your wrist as far toward your thumb side that you can. Once you feel a stretch, hold it for 3-5 seconds. Then slowly bend your wrist as far towards your small finger that you can. Hold this position for 3-5 seconds. Try to keep your hand flat on the table and your fingers as straight as possible throughout this exercise.

FOREARM

- 16. Pronation and Supination** Sit up straight and lock your elbow at the side of your body. Starting with your thumb up, slowly turn your palm towards the ceiling. Once you feel a stretch, hold for 3-5 seconds. Next, slowly turn your palm over so that it is facing the ground. Hold for 3-5 seconds when you feel a stretch.

ELBOW

- 17. Elbow Flexion and Extension** Neutral: Straighten your arm by your side and secure your elbow at the side of your body. With your thumb pointing up, bend at your elbow to raise your hand toward your shoulder. When you can't bend any further, hold for 3-5 seconds. Then slowly lower your hand to straighten your elbow and hold for 3-5 seconds. Supination (Palm Up): Straighten your arm by your side and secure your elbow at the side of your body. With your palm facing up, bend at your elbow to bring your palm towards your shoulder. Hold for 3-5 seconds. Then straighten your arm as much as possible and hold for 3-5 seconds. Pronation (Palm Down): Straighten your arm by your side and secure your elbow at the side of your body. With your palm facing down, bend at your elbow to bring the back of your hand towards your shoulder. Hold for 3-5 seconds. Then straighten your arm as much as possible and hold for 3-5 seconds.



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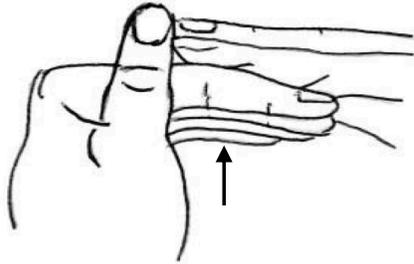
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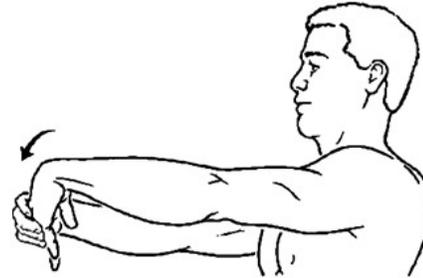
Therapist:

Complete _____ repetitions holding each for _____ seconds a total of _____ times a day

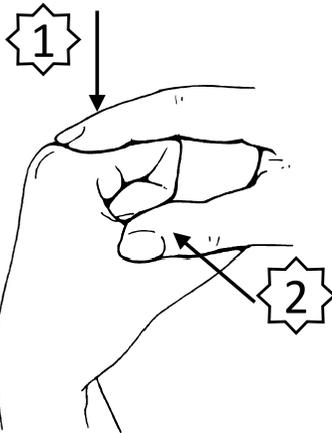
REVERSE BLOCKING



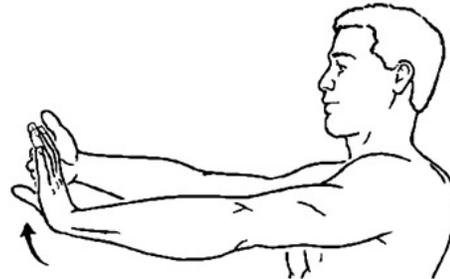
MILL STRETCH



PASSIVE COMPOSITE FIST

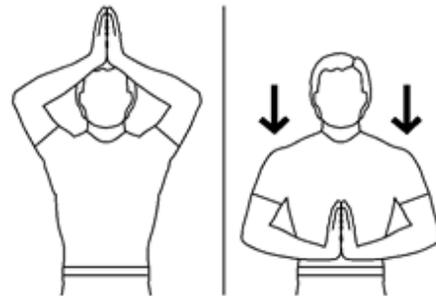


REVERSE MILL STRETCH



All Index Middle Ring Small

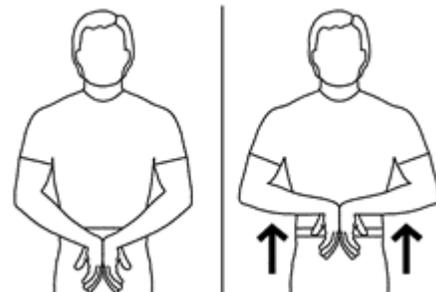
PRAYER STRETCH



PASSIVE HOOK FIST



REVERSE PRAYER STRETCH



All Index Middle Ring Small

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HOME EXERCISE PROGRAM INSTRUCTIONS

Passive Composite Fist

Relax your involved hand and place your index finger of the opposite hand on the back of the finger you are performing this exercise on between its big knuckle and middle joint. Press down with your uninvolved index finger to cause your big knuckle to bend down as much as possible.

While you maintain this position, place your uninvolved thumb on your fingernail of the finger you are performing this exercise on. Press in with your thumb to bring your fingertip into your palm. At the same time as you are pushing your finger in, use your thumb to press up to bring your fingertip as close to the base of your finger as possible. It's important to keep your involved hand relaxed through this activity. Your uninvolved hand should be doing all the work. The goal of this exercise is to try to get as close to a full fist as possible.

Passive Hook Fist

Rest your involved hand on top of your uninvolved palm, with the thumb of your involved hand pointing up. Bend the finger you are performing this exercise on so that you can place your uninvolved thumb on this finger's nail, then relax your involved hand. Use your uninvolved thumb to push on your involved finger's nail. Push so that you are bending the end and middle joints as much as possible, while keeping the big knuckle straight or even hyperextended. It's important to keep your involved hand relaxed through this activity. Your uninvolved hand should be doing all the work.

Reverse Blocking

Make a tabletop/duck position with the hand you are doing this exercise on by bending at the large knuckles only. Straighten the fingers of your uninvolved hand and place them on the backside of your involved hand between your big knuckles and middle knuckles. Use your uninvolved hand to apply pressure to your involved hand. While using your uninvolved hand to press down and block the big knuckles in a bent position, actively straighten the fingers of your involved hand as much as possible at the middle and end joints. This means you should be bringing your fingers up towards your uninvolved hand. Hold for 3-5 seconds, then relax your involved fingers.

Mill Stretch

Reach forward with your palm facing down and straighten your elbow. Place your uninvolved hand on the back of your hand (not on your fingers) of your involved upper extremity. Relax your involved upper extremity and use your uninvolved hand to slowly apply pressure to bend your wrist down. Once you feel a stretch, maintain the same amount of pressure and hold this position for 10 seconds (or however long therapist instructed).

Reverse Mill Stretch

Reach forward with your palm facing down and straighten your elbow. Place your uninvolved hand on the palm of your hand of your involved upper extremity. Relax your involved upper extremity and use your uninvolved hand to slowly apply pressure to bend your wrist up. Once you feel a stretch, maintain the same amount of pressure and hold this position for 10 seconds (or however long therapist instructed).

Prayer Stretch

Place the palms of your hands together at the center of your body at eye-level. Ensure the entirety of your hands- from your fingertips to the bottom of your palms- are touching each other. While keeping all parts of your hands touching, slowly lower your hands. Allow your elbows to move out as you bring your hands down. Lower your hands until you feel a stretch. Your elbows should be somewhat in a straight line with your hands. Hold this position for 10 seconds (or however long therapist instructed).

Reverse Prayer Stretch

Place the backs of your hands together at the center of your body at waist-level. Ensure the entirety of your hands- from your nails to the tops of the back of your hands are touching each other. While keeping all parts of your hands touching, slowly raise your hands. Allow your elbows to move out as you bring your hands up. Raise your hands until you feel a stretch. Your elbows should be somewhat in a straight line with your hands. Hold this position for 10 seconds (or however long therapist instructed).



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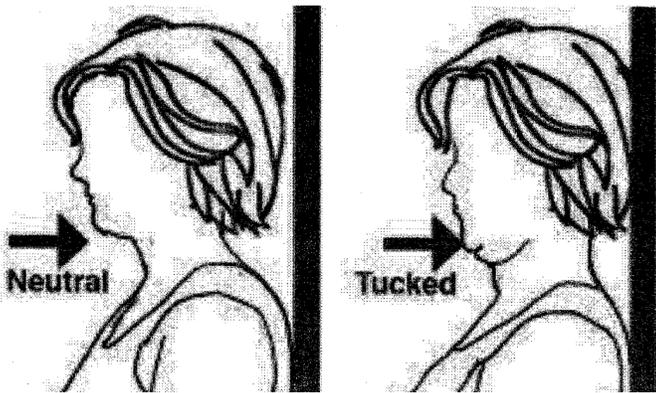
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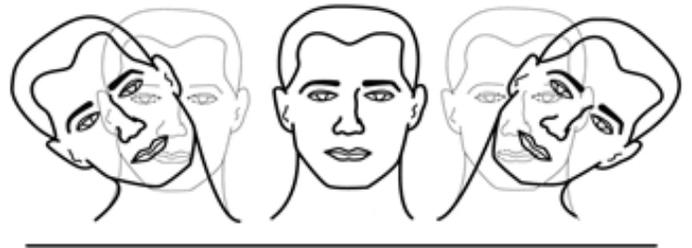
Therapist:

Complete _____ repetitions holding each for _____ seconds a total of _____ times a day

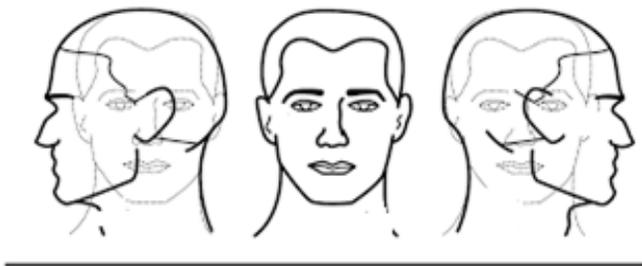
CHIN TUCKS



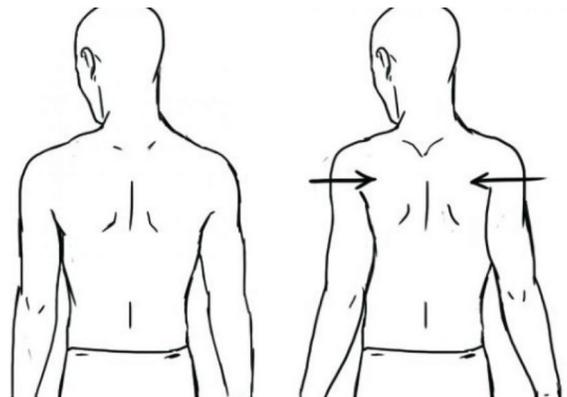
NECK LATERAL FLEXION



NECK ROTATION



SCAPULAR RETRACTION





HANDS ON THERAPY, LLC

HOME EXERCISE PROGRAM INSTRUCTIONS

Chin Tucks Look straight ahead. Slowly pull your head back, keeping your eyes and jaw level. Hold this position. Then slowly push your head forward to return to a normal position.

Neck Lateral Flexion While looking straight ahead, slowly lower one of your ears down to your shoulder. Make sure to not hike your shoulder up to your ear. Hold this position. Slowly bring your head back up to midline. Then slowly lower your other ear down to your other shoulder. Hold this position. Slowly bring your head back up to midline.

Neck Rotation Sit up straight. Slowly turn your head to look over your shoulder. Hold this position when you feel a stretch, then look straight ahead. Now slowly turn your head to look over your other shoulder. Hold this position when you feel a stretch.

Scapular Retraction Pin your elbows to your sides. While keeping your shoulders in the same line, pinch your shoulder blades together. Make sure not to hike your shoulders up.



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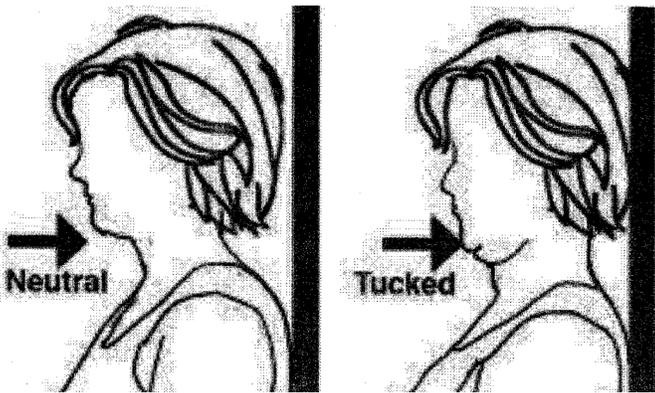
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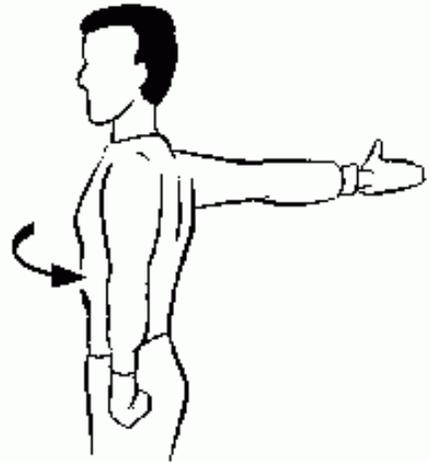
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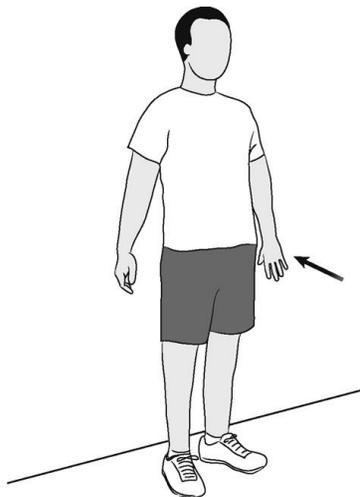
CHIN TUCKS



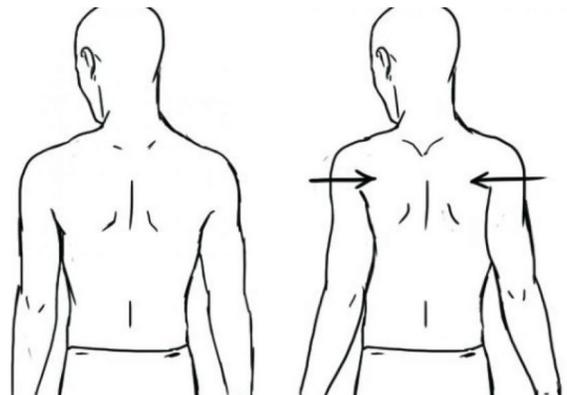
BICEPS WALL STRETCH



TRICEPS ISOMETRICS



SCAPULAR RETRACTION





HANDS ON THERAPY, LLC

HOME EXERCISE PROGRAM INSTRUCTIONS

- Chin Tucks** Look straight ahead. Slowly pull your head back, keeping your eyes and jaw level. Hold this position. Then slowly push your head forward to return to a normal position.
- Biceps Wall Stretch** Stand so that a wall is next to your arm that you are going to perform this exercise on. With your palm flat on the wall, reach back with a straight arm so that your arm is around shoulder height. While maintaining this position, rotate your body away from the wall.
- Triceps Isometrics** Stand with your back to a wall and straighten your arm. With your palm facing the wall, press as hard as you can through your hand into the wall.
- Scapular Retraction** Pin your elbows to your sides. While keeping your shoulders in the same line, pinch your shoulder blades together. Make sure not to hike your shoulders up.