

FINGER EXERCISES: SIX PACK

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Do _____ repetitions of each circled exercise every _____ hour(s).

1. **Joint Blocking:**

- a. End Joint: Stabilize middle joint; bend and straighten end joint.
 - b. Middle Joint: Stabilize knuckle; bend and straighten middle joint
2. **Isolate sublimis:** Hold uninvolved fingers straight with other hand. Bend involved finger down and toward palm.
3. **Pail grip:** Bend fingertips to base of fingers.
4. **Full fists**
5. **Tabletop:** Bend knuckles keeping fingers straight.
6. **Opposition:** Actively touch thumb to each fingertip.