

Burn Care Exercise Program

Finger Active Assisted Range of Motion

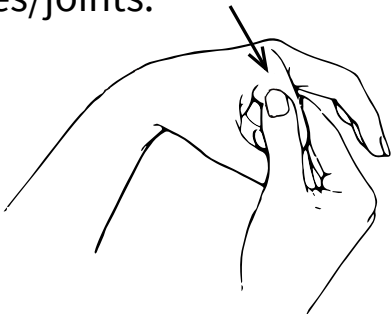
Instructions

Each exercise should take a total of 3 minutes. To help you reach this goal:

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each stretch 8 to 10 times.
- ✓ Do each of the exercises for each joint one at a time.
- ✓ Hold each stretch for 20 to 30 seconds at the end position.

Metacarpal phalangeal joint (MCP)

Using your opposite hand, gently bend your finger at the first row of knuckles/joints.



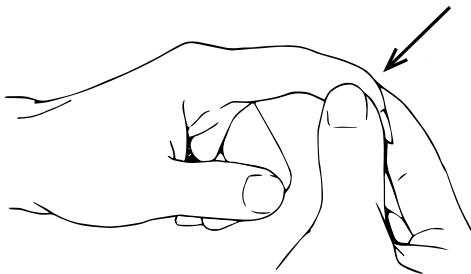
Proximal interphalangeal joint (PIP)

Using your opposite hand, gently bend your finger at the second row of knuckles/joints.



Distal interphalangeal joint (DIP)

Using your opposite hand, gently bend your finger at the knuckle/joint closest to the tip of your finger.



Finger abduction

Using your opposite hand, gently move your fingers apart by putting pressure near the ends of your fingers.



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.