Finger & Hand Exercises: Passive & Assistive

The goal of these exercises is to regain or maintain function of your finger(s) and hand. It uses 2 exercise methods:
- Assistive (your non-affected hand “helps” perform the exercises)
- Passive range of motion (no active movement of the affected fingers/hand)

Your occupational therapist has designed these exercises to meet your specific needs. For best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. If the symptoms persist or are bothersome, call your doctor’s office.

FINGER - MP Flexion (Passive)

Use other hand to gently bend each finger at large knuckle. Hold 5 to 10 seconds.
Repeat _____ times. Do these exercises _____ times per day.
FINGER - MP Flexion (Assistive)

With hand resting on table, slide fingers to bend at large knuckles. Use other hand to help if needed. Hold 5 to 10 seconds. Repeat 10 times. Do these exercises _____ times per day.

FINGER - MP Extension (Passive)

Straighten knuckles of each finger using other hand. Hold 5 to 10 seconds. Repeat _____ times. Do these exercises _____ times per day.

FINGER - MP Extension (Passive)

Lift each finger from table using other hand. Hold 5 to 10 seconds. Repeat _____ times. Do these exercises _____ times per day.
FINGER - PIP Flexion (Passive)

Use other hand to bend the middle joint of each finger down as far as possible. Hold 5 to 10 seconds.
Repeat _____ times. Do these exercises _____ times per day.

FINGER - PIP Extension (Passive)

Use thumb of other hand on top of joint and two fingers underneath on either side to straighten middle joint of each finger. Hold 5 to 10 seconds.
Repeat _____ times. Do these exercises _____ times per day.

FINGER - DIP Flexion (Passive)

Use other hand to gently bend tip joint of each finger.
Hold 5 to 10 seconds.
Repeat _____ times. Do these exercises _____ times per day.
FINGER - DIP Extension (Passive)

Use other hand to straighten end joint of each finger as shown. Hold 5 to 10 seconds. Repeat _____ times. Do these exercises _____ times per day.

FINGER - PIP/DIP Composite Flexion (Passive Stretch)

Use other hand to bend middle and tip joints of each finger. Hold 5 to 10 seconds. Repeat _____ times. Do these exercises _____ times per day.

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital’s Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women’s Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

Northwestern Memorial is an equal opportunity employer that welcomes, respects and serves with dignity all people and does not discriminate, including in hiring, or employment, or admission, or access to, or treatment in its programs or activities on the basis of race, color, gender, national origin, religion, disability, handicap, age, Vietnam or other veteran status, sexual orientation or any other status protected by relevant law. To arrange for TDD/TTY, auxiliary aids and foreign language interpretation services, call the Patient Representative department at 312-926-3112, TDD number 312-926-6363. Issues related to the Rehabilitation Act of 1973 should be directed to the director of Employee Relations or designee at 312-926-7297.

Developed by: Rehabilitation Department

© July 2008 Northwestern Memorial Hospital
For more information about Northwestern Memorial Hospital, please visit www.nmh.org.
1160-07
908864 (07/08)