



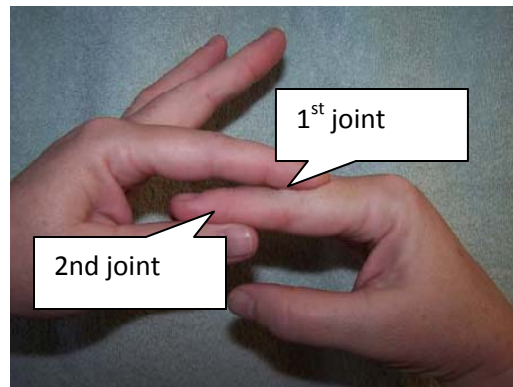
PIP Joint Extension Exercises Following a Sprain

Do these exercises _____ times per day.

Always stretch to just beyond the first point of pain and hold for _____ seconds.

Repeat each exercise _____ times.

1. Stretch finger straight. Push down on the 1st joint (#1) as you pull up on the 2nd joint (#2). You should feel a stretching pain on the bottom of your finger. Do not hold or pull up on the end of your finger.



2. Active extension (straightening) of finger. Hold down on back of finger with the opposite hand. Keep the knuckle (MP joint) bent to 90 degrees as you actively try to straighten the rest of the finger.



Call if you have any questions

Therapist _____ Date: _____