



Centers for
Orthopaedics
Experience in Motion

33 Sewall Street
Portland, ME 04102
(207) 828-2100

www.orthoassociates.com

Place and Hold

This is generally started about 3 weeks after your surgery.

This is in addition to your other exercises

They are to be done _____ times per day.

1. With splint on, use your non-injured hand to slowly bend all your fingers in (passively) as far as they go **gently** hold them in place with your own muscle power on your injured hand. **Do not pull with all your might.**

Hold for 5-10 seconds. Relax and repeat _____ times.



Call if questions: _____ Date: _____