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Finger Dislocation Rehabilitation Exercises

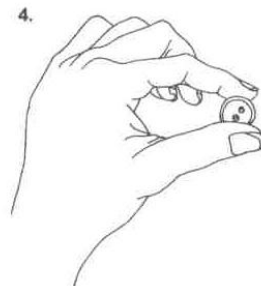
You may do all of these exercises right away.

1. Passive range of motion: Gently assist the injured joint by helping to bend it with your other hand. Gently try to straighten out the injured joint with your other hand. Repeat slowly, holding for 5 seconds at the end of each motion. Do this 10 times. Do these exercises 3 to 5 times per day.



2. Finger lift: With your palm flat on a table and your fingers straight, lift each finger up individually and hold 5 seconds. Then put it down and lift the one next to it until you have done all 5 fingers individually. Hold each one 5 seconds and repeat 10 times.

3. Fist making: Make your hand into a fist. If the injured finger will not bend into the fist, assist it with your uninjured hand and try to help it bend into the fist. Hold this position for 5 to 10 seconds. Repeat 10 times.



4. Object pick-up: Practice picking up small objects such as coins, marbles, pins, or buttons with the injured finger and the thumb.

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