HAND PROGRAM

PEP PADS
PROGRESSIVE EXERCISE PRESCRIPTION PADS

INDICATIONS:
The following exercises are to be used to complement your therapy treatment.
Exercise is effective for:
1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

Do each exercise rhythmically.

PRECAUTIONS:
Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

EXERCISE FREQUENCY:

REPETITIONS OF EACH:

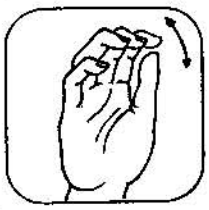
NOTES:

☐ **1. INTRINSIC MINUS:** Make a hook fist by keeping your hand straight while bending the last two finger joints. Hold. Relax. Repeat.

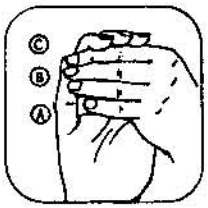
☐ **2. STRAIGHT FIST:** Make a fist keeping the end joints straight. Hold. Relax. Repeat.

☐ **3. FULL FIST:** Bend all finger joints and make a full fist. Hold. Relax. Repeat.

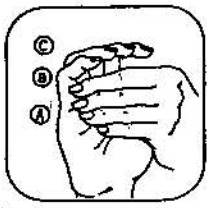
☐ **4. INTRINSIC PLUS:** Extend fingers as shown making a "tabletop" with your hand. Hold. Relax. Repeat.



☐ **5. E.D.C. GLIDE:** Alternately bend and straighten middle finger joints.



☐ **6. F.D.P. GLIDE:** Fix joint **B** and bend joint **C**. Hold. Straighten and repeat for each involved finger.

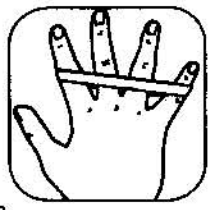


☐ **7. F.D.S. GLIDE:** Fix joint **A** and bend joint **B**. Hold. Straighten and repeat for each involved finger.

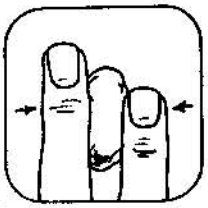
☐ **8. INTEROSSEI GLIDE:** Place hand flat on table with your fingers together. Spread your fingers apart. Hold. Then bring them together. Relax. Repeat.

☐ **9. RESISTED EXTENSION-THERABAND WITH CUFF:** Hook the cuff over the end of the finger. Maintain tension on the theraband with the other hand as shown. Straighten. Relax. Repeat.

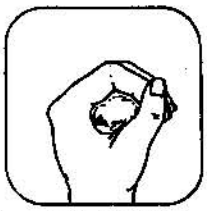
☐ **10. RESISTED FLEXION-THERABAND WITH CUFF:** Hook the cuff over the end of the finger. Maintain tension on the theraband with the other hand as shown. Flex the finger down. Relax. Repeat.



☐ **11. RESISTED ABDUCTION-THERABAND:** Begin the exercise with your fingers together and the theraband around the middle joints. Spread your fingers apart. Together. Repeat.



☐ **12. RESISTED ADDUCTION-WITH THERAPUTTY:** Put theraputty between your fingers as shown. Squeeze together. Relax. Repeat.



☐ **13. GRASP WITH THERAPUTTY:** Place theraputty in the palm of your hand. Make fist squeezing theraputty together. Hold. Relax. Repeat.

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