Finger Passive Range of Motion

Do these exercises _____ times a day.
Hold for _____ seconds. Relax. Repeat each exercise _____ times.

Flexion
Use your other hand to gently bend _________ finger at large knuckle.

PIP / DIP Composite Flexion
Use your other hand to bend the middle and tip joints of _________ finger.

PIP Flexion
Use your other hand to bend the middle joint of _________ finger down as far as possible.

MP / PIP / DIP Composite Flexion
Use your other hand to bend _________ finger at all three joints.
DIP Flexion

Use your other hand to gently bend the tip joint of ________ finger.