

# ***FINGER EXERCISES: SIX PACK***

(Dr. Bienz)

Do \_\_\_\_\_ Repetitions of each circled exercise every \_\_\_\_\_ hour(s).

## 1. Joint Blocking:

- a. End Joint: Stabilize middle joint; bend & straighten end joint.
- b. Middle Joint: Stabilize knuckle; bend & straighten middle joint.

## 2. Isolate sublimis: Hold uninvolved fingers straight with other hand. Bend involved finger down and toward palm.

## 3. Pail grip: Bend fingertips to base of fingers.

## 4. Full fist.

## 5. Tabletop: Bend knuckles keeping fingers straight.

## 6. Opposition: Actively touch thumb to each fingertip.