

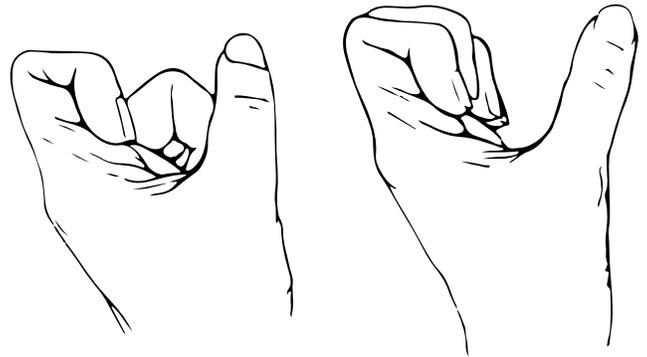
# Burn Care Exercise Program

## Finger Active Range of Motion

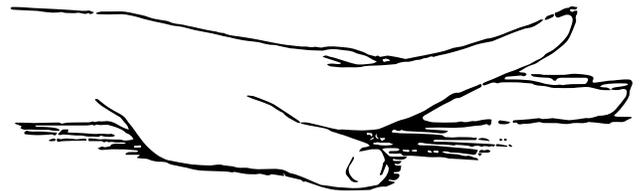
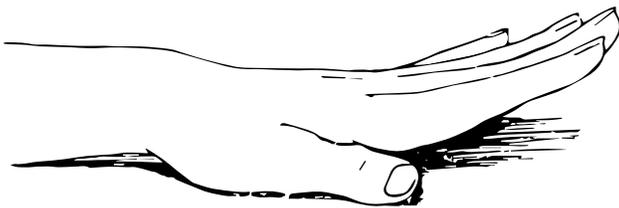
### Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 30 seconds.

1. Keeping your knuckles straight, curl your fingers, including your thumb.



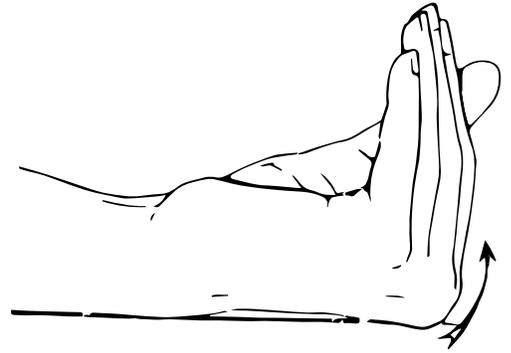
2. Straighten your fingers as much as possible.



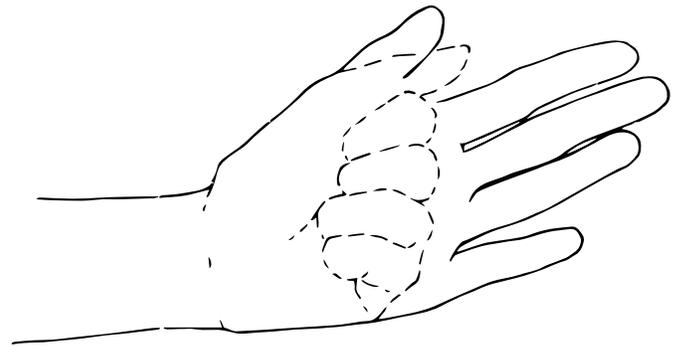
What are your questions? Please ask.

Therapist: \_\_\_\_\_ Phone: \_\_\_\_\_

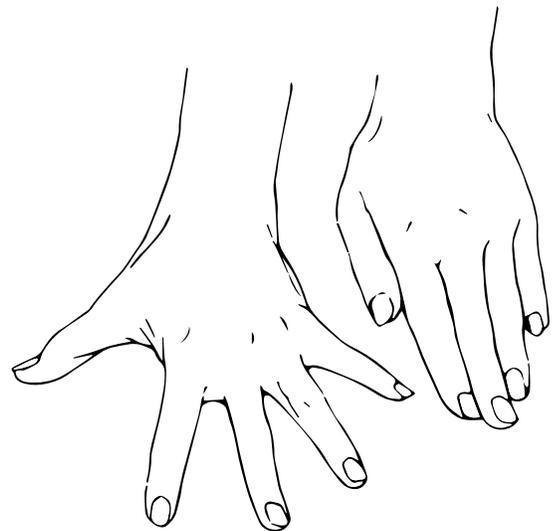
3. Bend your knuckles while keeping your fingers straight.



4. Curl your fingers to make a fist.



5. Spread your fingers apart as far as they can stretch.



*Prepared by: Rehabilitation Services  
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