

Burn Care Exercise Program

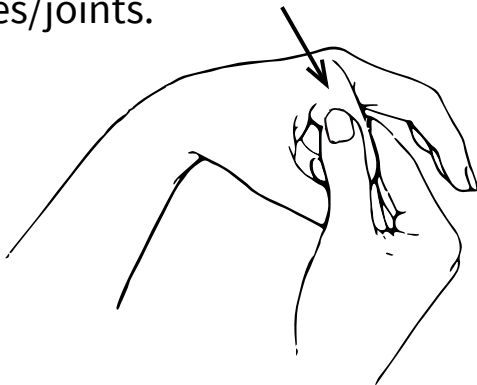
Finger Active Assisted Range of Motion

Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each stretch 8 to 10 times.
- ✓ Do each of the exercises for each joint one at a time.
- ✓ Hold each stretch for 20 to 30 seconds.

Metacarpal phalangeal joint (MCP)

Using your opposite hand, gently bend your finger at the first row of knuckles/joints.



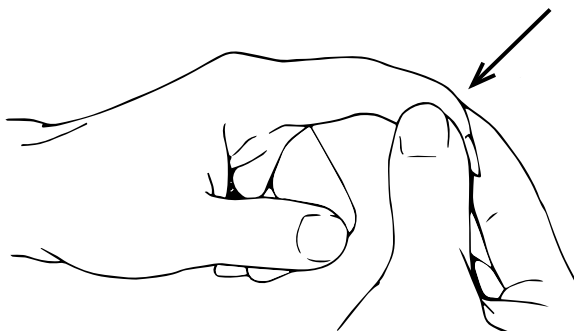
Proximal interphalangeal joint (PIP)

Using your opposite hand, gently bend your finger at the second row of knuckles/joints.



Distal interphalangeal joint (DIP)

Using your opposite hand, gently bend your finger at the knuckle/joint closest to the tip of your finger.



Finger abduction

Using your opposite hand, gently move your fingers apart by applying pressure near the ends of your fingers.

