Burn Care Exercise Program
Finger Active Range of Motion

Instructions
✓ Do these exercises at least 4 times per day.
✓ Do 8-10 repetitions of each exercise.
✓ Hold each stretch for 20-30 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.