Burn Care Exercise Program
Finger Active Assisted Range of Motion

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

Metacarpal Phalangeal Joint (MCP)
Using your opposite hand, passively bend your finger at the first row of knuckles/joints.

Proximal Interphalangeal Joint (PIP)
Using your opposite hand, passively bend your finger at the second row of knuckles/joints.

Distal Interphalangeal Joint (DIP)
Using your opposite hand, passively bend your finger at the knuckle/joint closest to the tip of your finger.

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