

2020

# **Burn Care Exercise Program**

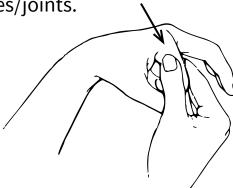
# Finger Active Assisted Range of Motion

#### **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.

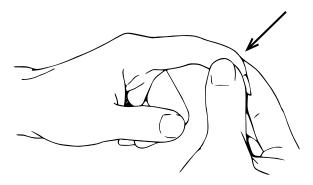
#### Metacarpal phalangeal joint (MCP)

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



### Distal interphalangeal joint (DIP)

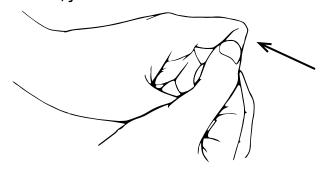
Using your opposite hand, gently bend your finger at the knuckle/joint closest to the tip of your finger.



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#### Proximal interphalangeal joint (PIP)

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



## Finger abduction

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

