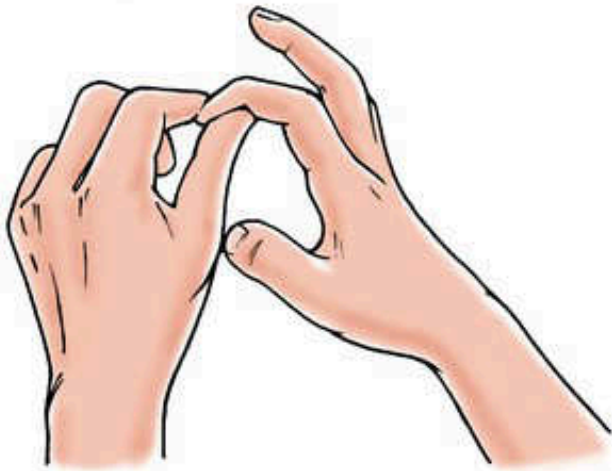


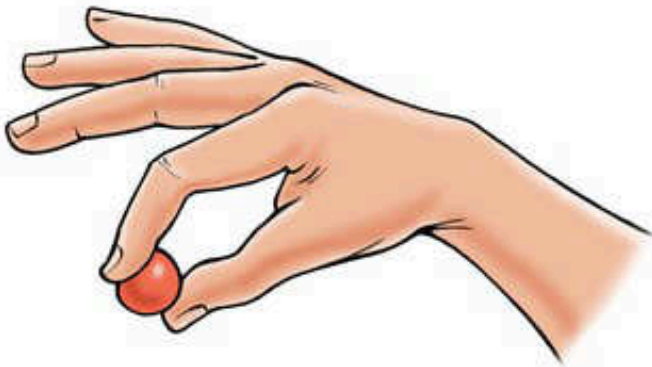
Finger Dislocation Rehabilitation Exercises



Finger passive range of motion



Fist making



Object pick-up



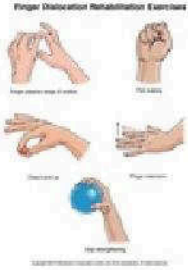
Finger extension



Grip strengthening

FINGER DISLOCATION EXERCISES

You may do all of these exercises right away.



[View image](#)

- **Finger passive range of motion:** Gently bend the injured finger with your other hand. Then gently try to straighten out the injured finger with help from your other hand. Repeat slowly, holding for 5 seconds at the end of each motion. Do this 10 times. Do these exercises 3 to 5 times a day.
- **Fist making:** Make your hand into a fist. If the injured finger will not bend into the fist, try to help it with your other hand. Hold this position for 5 to 10 seconds. Repeat 10 times.
- **Object pick-up:** Practice picking up small objects, such as coins, marbles, pins, or buttons, with your thumb and injured finger.
- **Finger extension:** With your palm flat on a table and your fingers straight out, lift each finger straight up one at a time. Hold each finger up for 5 seconds and then put it down. Continue until you have done all 5 fingers. Repeat 10 times.
- **Grip strengthening:** Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2 sets of 15.

Developed by RelayHealth.



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