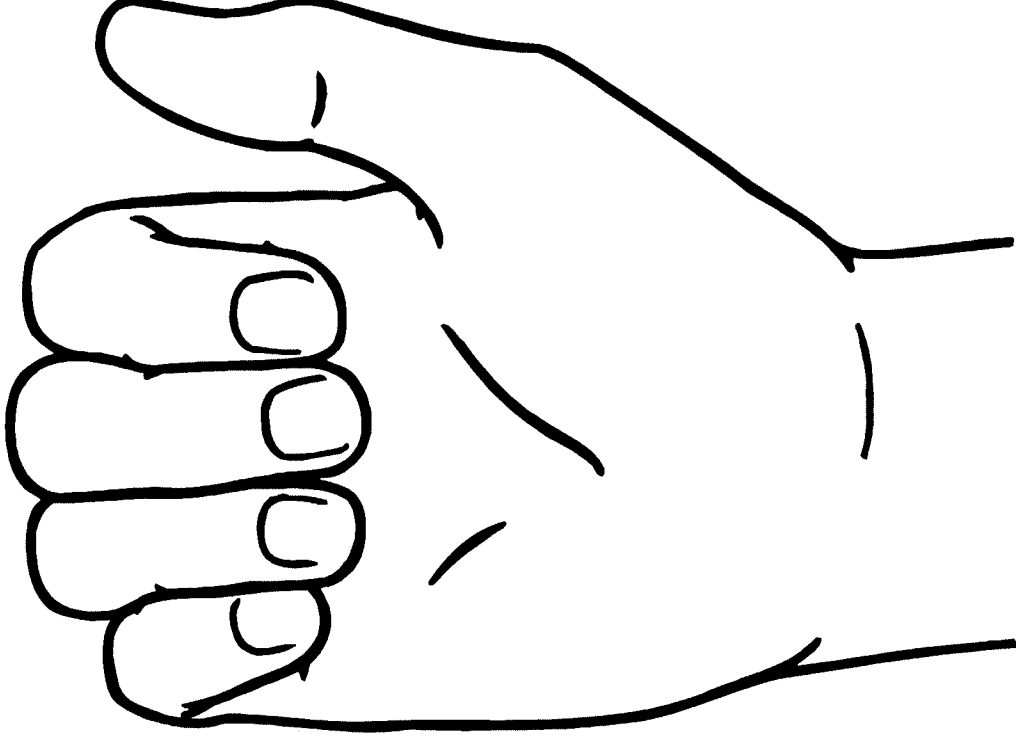

HAND - 8 AROM: Finger Flexion / Extension

Actively bend fingers of hand. Start with knuckles furthest from palm, and slowly make a fist. Hold 4 seconds. Relax. Then straighten fingers as far as possible.



Repeat 1 times per set.
Do 10 sets per session.
Do 4-6 sessions per day.