



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.

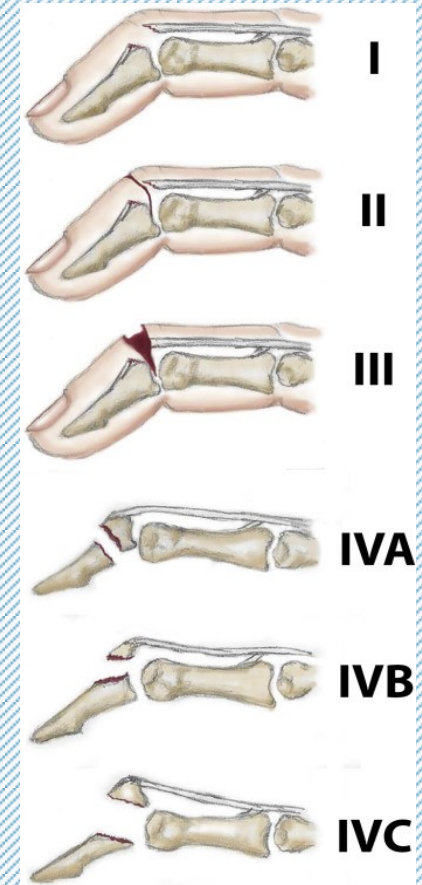
Repeat 10 times.

### Precaution:

- Never straighten fingers by themselves.
- (only straighten them by using uninjured hand)
- Never bend fingers using uninjured hand.



## Mallet Finger (Baseball Finger) Rehabilitation Exercises



Created by: Rowaida El-Chami



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.



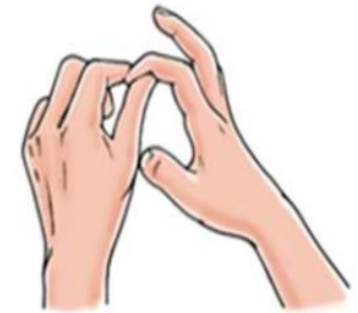
Grip strengthening

Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2 sets of 15.



Object pick-up

Practice picking up small objects, such as coins, marbles, pins, or buttons, with your thumb and injured finger.



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.