

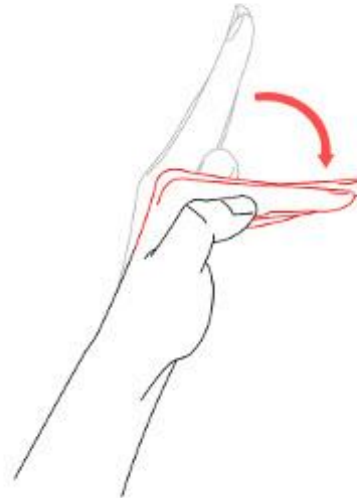


### **PIP and DIP Flexion**

- Keep your wrist and the base joints straight
- bend your middle and end joints of your fingers toward your palm

**Hold each position for five seconds**

**Repeat on all 10 fingers twice a day**



### **MCP Flexion**

- Keep your wrist straight in a neutral position
- bend the base joints of your fingers
- Keep your middle and end joints and your wrist straight

**Hold for 5 to 10 seconds**

**Repeat twice daily on each hand**

## **Home Program**



## **Rheumatoid Arthritis**



## Straight Fist

- With your hand straight and fingers pointing upward
- Bend your fingers downward so they are touching your palm
- Your fingertips should be touching the palm of your hand

**Hold for five seconds**

**Repeat on both hands twice a day**



## Thumb Opposition

- Starting with your wrist, fingers, and thumb pointing upward, make an “O” by touching your index finger to your thumb.

**Hold this for at least 5 and up to 20 seconds**

**Repeat two to 10 times twice a day**



## Full Fist

- hands in the neutral position and all of your knuckles straight
- slowly and gently spread your fingers as far apart as you can
- make a fist

**Hold each position for five seconds**

**Repeat on both hands twice a day**