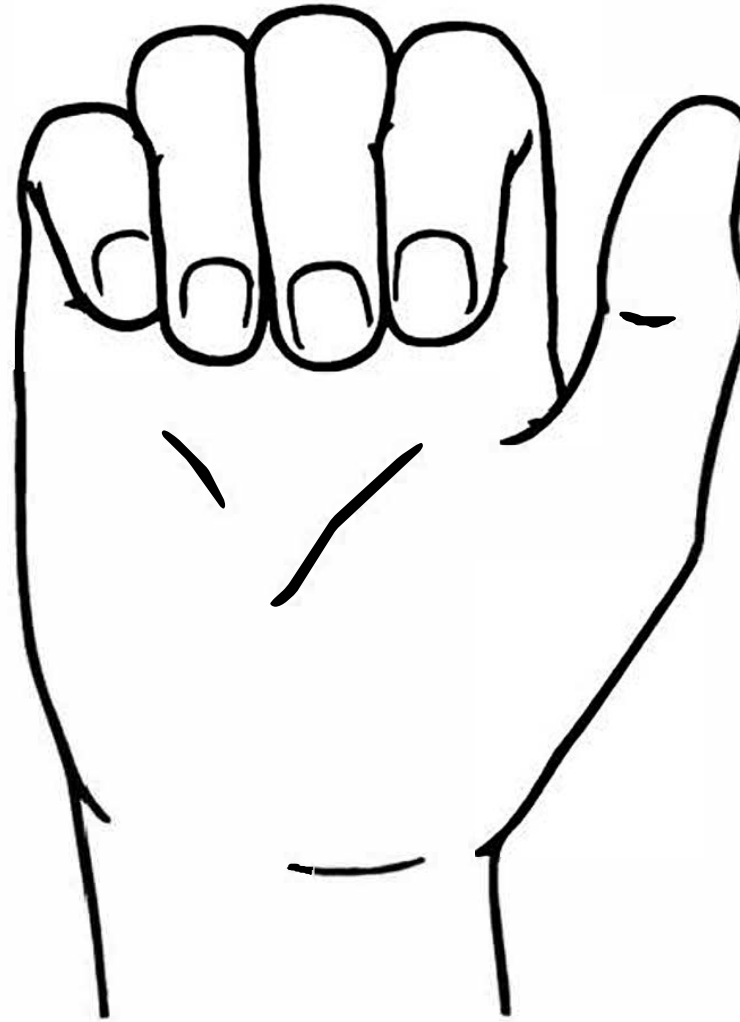


## HAND - 8 AROM: Finger Flexion / Extension

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.