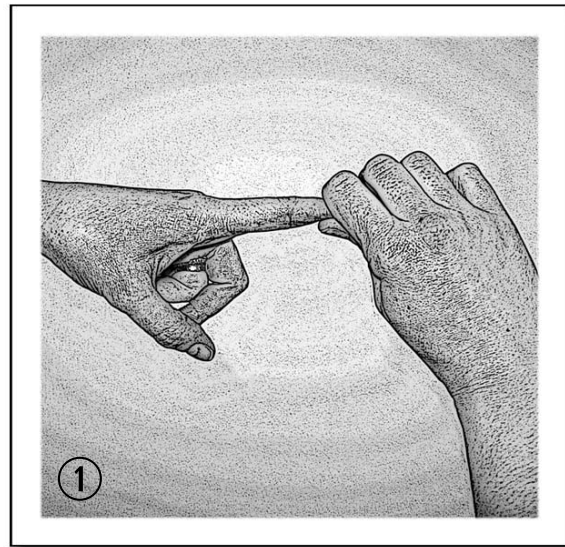




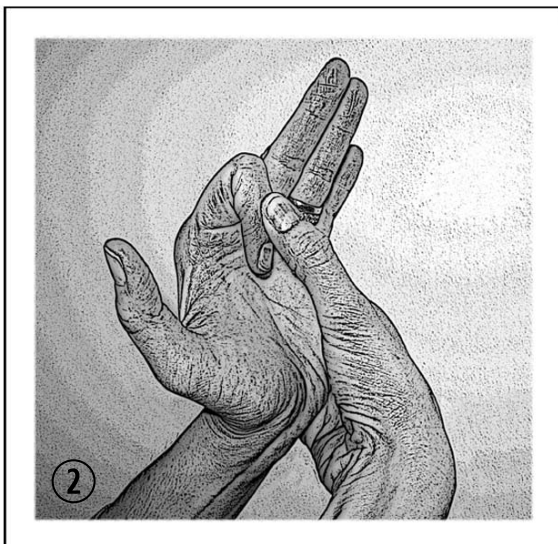
FINGER RANGE OF MOTION

FOLLOWING AN INJURY THAT INCAPACITATES YOUR FINGER, REQUIRING IMMOBILIZATION FOR A PERIOD OF TIME, IT IS LIKELY THAT YOU WILL EXPERIENCE STIFFNESS IN YOUR FINGER. EVERY-DAY USE MAY NOT BE SUFFICIENT TO RESTORE YOUR FULL MOBILITY. THE FOLLOWING EXERCISES ARE DESIGNED TO HELP YOU REGAIN AS MUCH MOBILITY AS POSSIBLE.

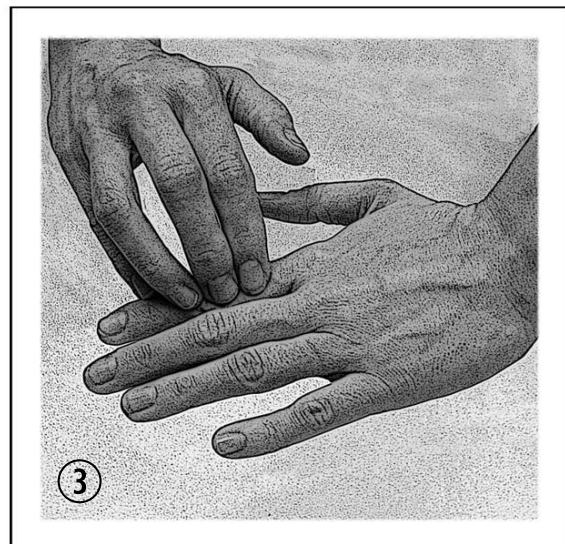
PERFORM THE FOLLOWING STEPS IN SEQUENCE FOR 3 MINUTES, 5 TIMES PER DAY.



PULL ON THE AFFECTED FINGER FOR 5 SECONDS.



BEND AND PUSH FOR 5 SECONDS.



LAY FLAT AND PUSH DOWN FOR 5 SECONDS.