



8. FIST-TO-CLAW



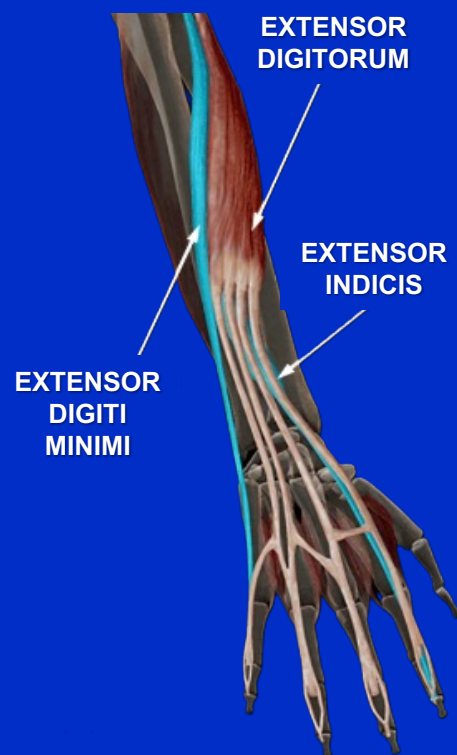
- Start with a fist, roll hands open at the MCP joint keeping PIP/DIP flexed (claw)
- Reverse. Roll hands closed at the MCP back to fist position = 1 rep
- 10 reps = 1 set / Perform 3 sets

MUSCLES ACTIVATED

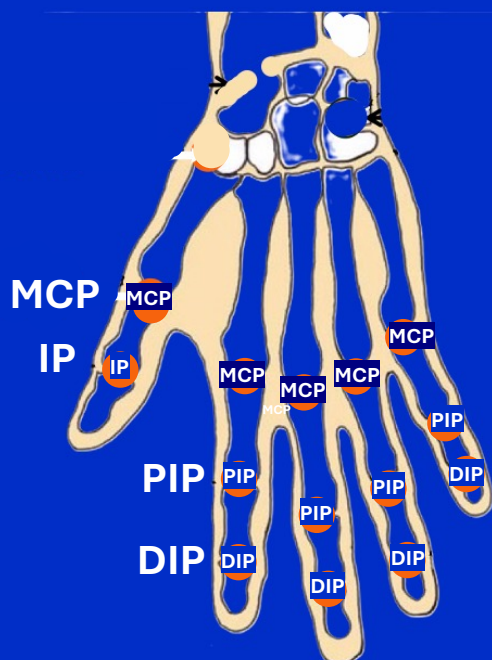
- Extensor Digitorum
- Extensor Indicis
- Extensor Digiti Minimi

JOINTS ENGAGED

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal
- DIP : Distal Interphalangeal



EXTENSOR MUSCLES



JOINTS OF THE HAND

- | | |
|---------------------|-----------|
| Dynamic Stretch | .1 |
| Thumb Extensions | .2 |
| Thumb Rotations | .3 |
| Finger Extensions | .4 |
| Finger Laterals | .5 |
| Finger Rotations | .6 |
| MCP 90° | .7 |
| FIST-TO-CLAW | .8 |
| Wrist Extensions | .9 |
| Wrist Rotations | .10 |

10 EXERCISE PROGRAM