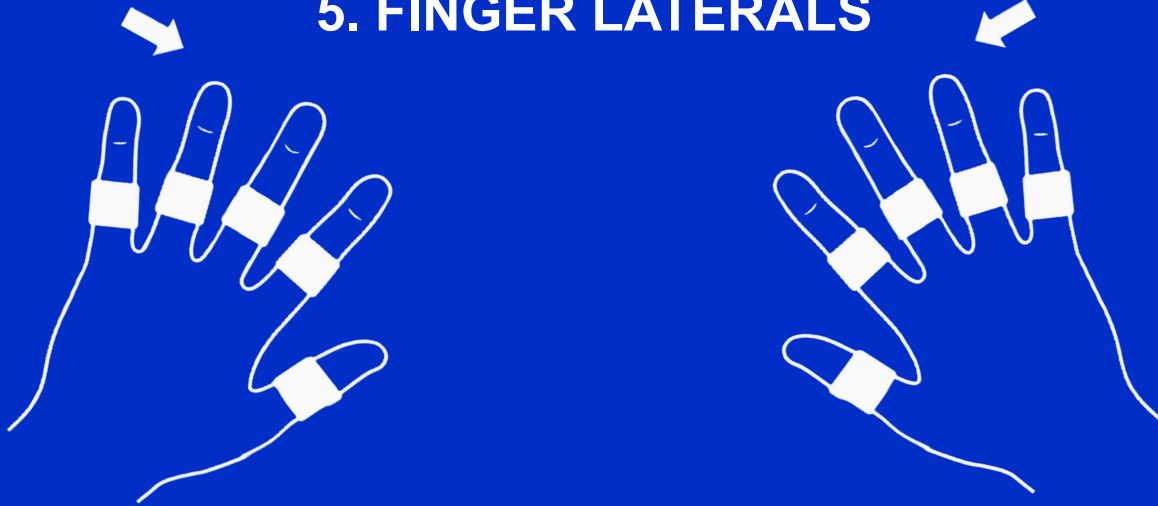




5. FINGER LATERALS



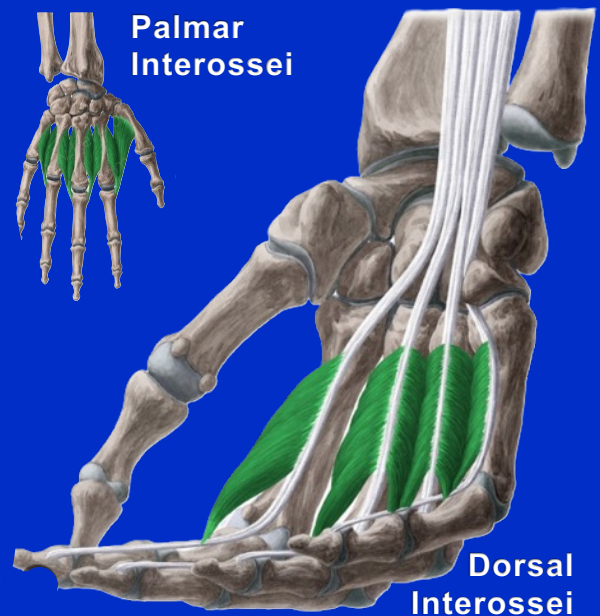
- D1 to D5 move each digit inward. Reverse
- D5 to D1 move each digit outward = 1 set
- Perform 10 sets

MUSCLES ACTIVATED

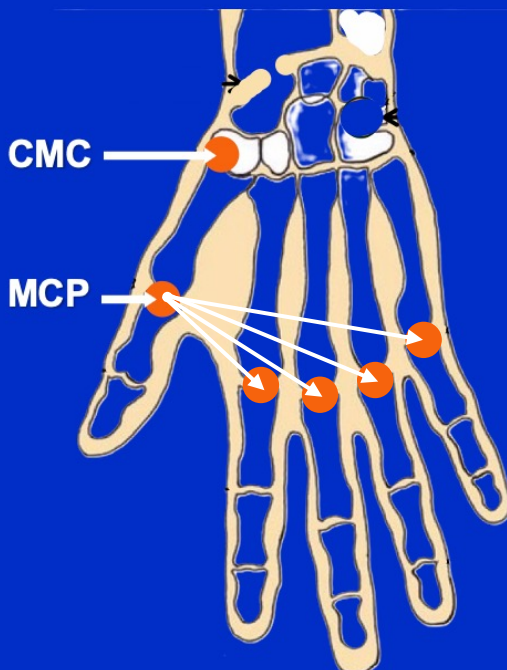
- Palmar Interossei
- Dorsal Interossei

JOINTS ENGAGED

- CMC - Carpometacarpal
- MCP : Metacarpophalangeal



INTEROSSEI 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