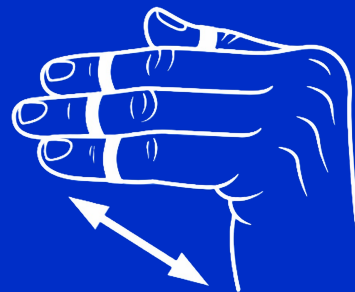




7. MCP 90°



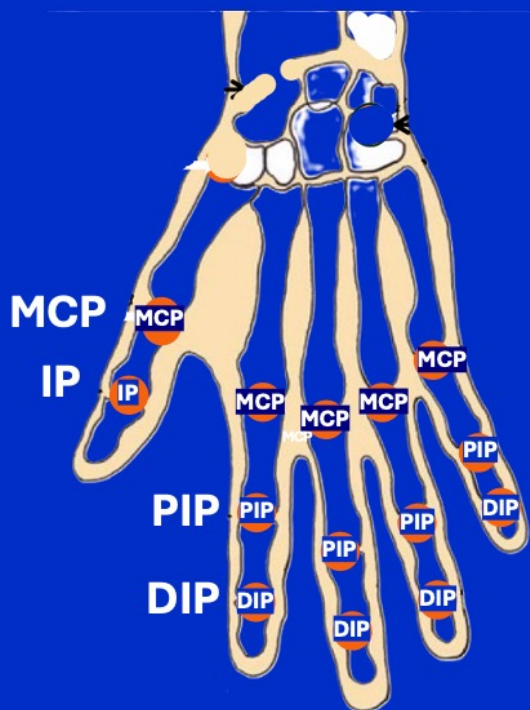
- Flex fingers at the MCP joint 90° to palm
- Next, flex fingers at the PIP joint moving fingertips towards palm
- Reverse. Extend fingers at the PIP joint back to 90°
- Extend fingers at the MCP joint to 180° (straight) = 1 rep
- 10 reps = 1 set / Perform 3 sets

MUSCLES ACTIVATED

- Flexor Digitorum Profundus
- Flexor Digitorum Superficialis

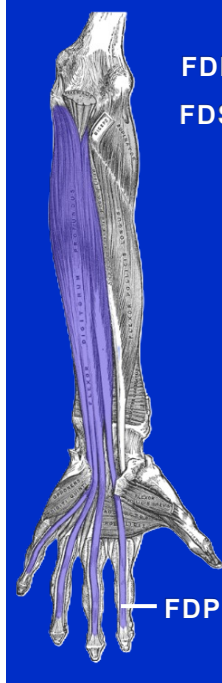
JOINTS ENGAGED

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal



JOINTS OF THE HAND

FLEXOR DIGITORUM PROFUNDUS

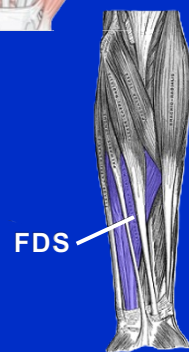


FDP

FDS

FDP

FLEXOR DIGITORUM SUPERFICIALIS



FDS

MUSCLES 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