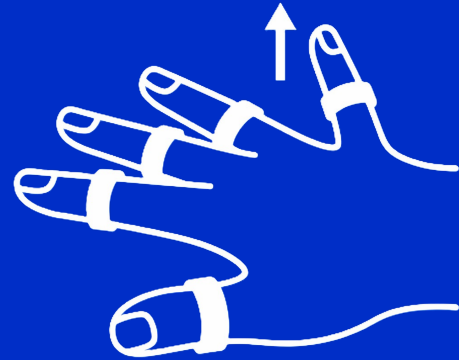
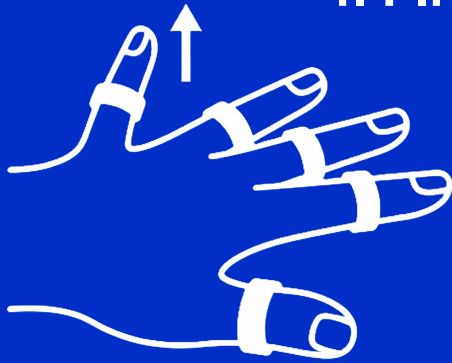




4. FINGER EXTENSIONS



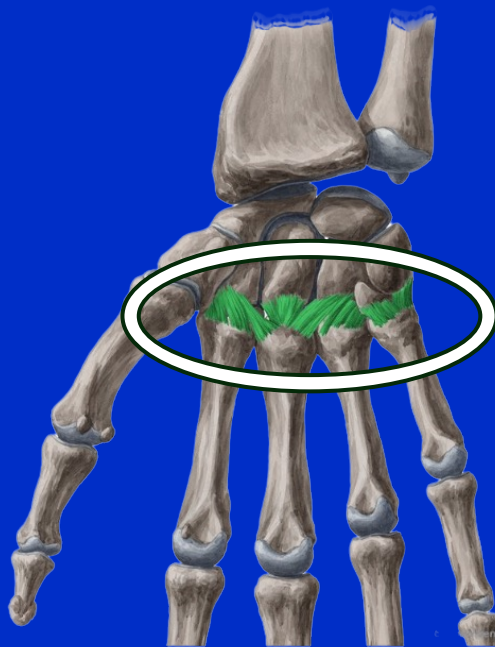
- Moving D5 to D2, extend each finger upward 10x. Reverse
- Moving D2 to D5, extend each finger upward 10x = 1 set
- Perform 3 sets

MUSCLES ACTIVATED

- Extensor Digitorum
- Extensor Digiti Minimi
- Extensor Pollicis Longus

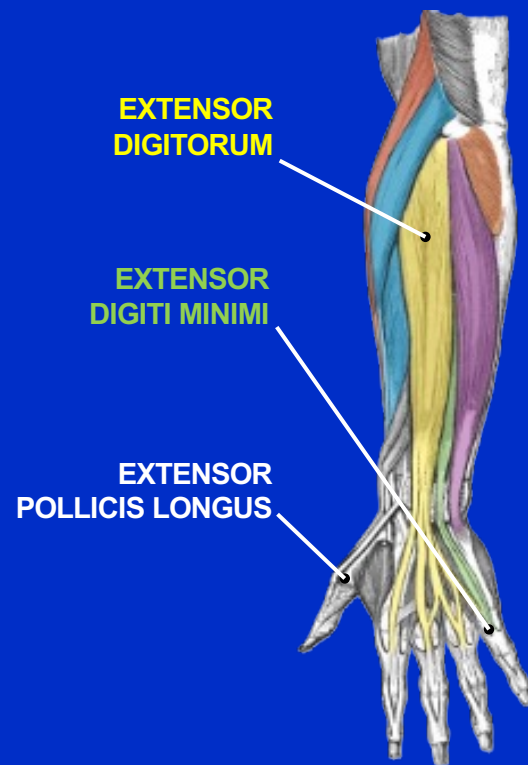
JOINTS ENGAGED

- MCP : Metacarpophalangeal



MCP
Joints

JOINTS OF THE HAND



EXTENSOR
MUSCLES

- 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