



6. FINGER ROTATIONS



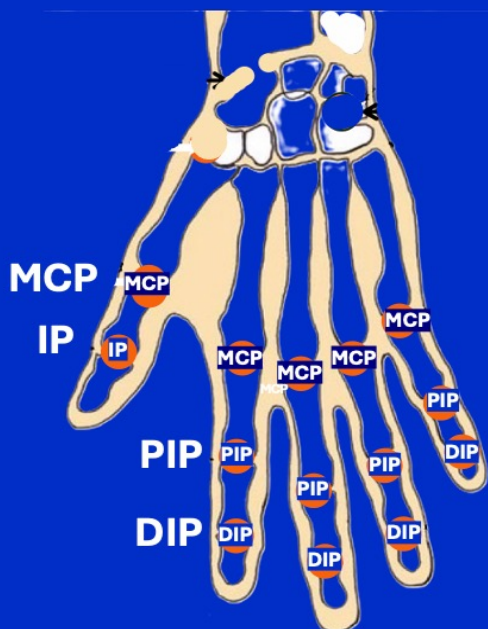
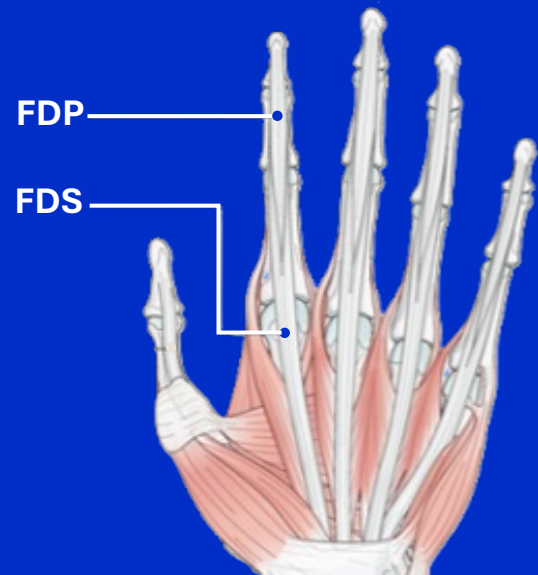
- D2 to D5 rotate each finger inward 10x. Reverse
- D5 to D2 rotate each finger outward 10x = 1 set
- Perform 3 sets

MUSCLES ACTIVATED

- Flexor Digitorum Profundus – FDP
- Flexor Digitorum Superficialis – FDS

JOINTS ENGAGED

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



JOINTS OF THE HANDS

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