

Finger Fracture Rehabilitation Exercises

You may do all of these exercises after you no longer need the splint or tape on your finger.

- **Finger passive range of motion:** Gently assist the injured joint by helping to bend it with your other hand. Gently try to straighten out the injured joint with your other hand. Repeat slowly, holding for 5 seconds at the end of each motion. Do this 10 times. Do these exercises 3 to 5 times per day.
- **Fist making:** Make your hand into a fist. If the injured finger will not bend into the fist, assist it with your uninjured hand and try to help it bend into the fist. Hold this position for 5 to 10 seconds. Repeat 10 times.
- **Object pick-up:** Practice picking up small objects such as coins, marbles, pins, or buttons with one finger and the thumb.
- **Finger extension:** With your palm flat on a table and your fingers straight out, lift each finger straight up one at a time. Hold your finger up for 5 seconds then and put it down. Continue until you have done all 5 fingers. Repeat 10 times.
- **Grip strengthening:** Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.

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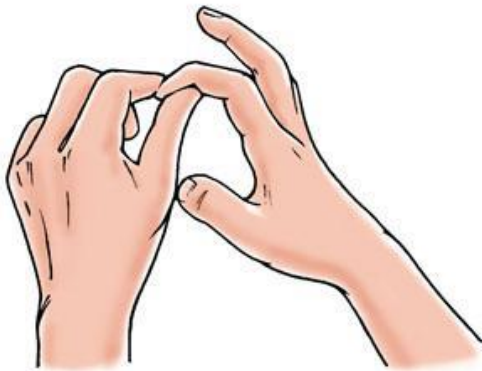


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Finger passive range of motion



Fist making



Object pick-up



Finger extension



Grip strengthening