



Mass Grasp



Thumb Flexion



Key Pinch



Palmar Pinch



Tip Pinch



Hook Grip



Two Handed Key Pinch



Two Handed Grasp



Adductor Pinch



Hook Grasp



Hook Grasp



Finger Adduction



Finger Abduction



Finger Abduction



Thumb Abduction



Finger Extension

Tips

10 minutes per day
Work both hands
Increase resistance
Use putty to massage the
soft tissue

NOTES