

## Education

### Finger Dislocation Rehabilitation Exercises

You may do all of these exercises right away.

- 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 the injured 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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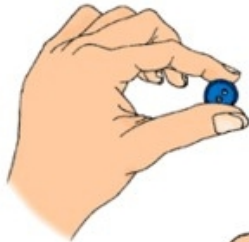
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Passive range of motion



Fist making



Object pick-up



Finger extension



Grip strengthening