Bahamas Institute of Hand and Rehabilitation



11 East Avenue, Nassau, The Bahamas.

Tel: 242-357-7121/2 Fax: 242-356-7112

Home Exercise Program: Elbow Stretching

Basic Principle: 1) Push the hand in desired direction till stretch pain is felt, 2) Feel the pain for 20 sec., 3) Release and repeat. Please follow the instructions from your therapist regarding dosage of each exercise.

For video link of these exercise, please scan the QR code or visit at https://youtu.be/4UStSka62BI

Ex # 1: MCP Flexion

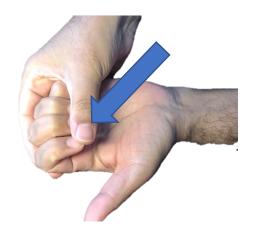




Ex # 2: PIP Flexion



Ex # 3: PIP and DIP Stretching



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Ex # 4: MCP, PIP, and DIP Stretching



Ex # 5: Thumb MCP and IP Stretching

