1. Using your _______ hand, push fingers toward the palm of _______ hand. Hold for _______ seconds. Relax. Do _______ times, _______ times per day.

2. Use _______ hand to straighten fingers of your _______ hand as far as possible. Hold for _______ seconds. Relax. Do _______ times, _______ times per day.

3. Bend your fingers so the tips are at the base of the fingers. Keep your MCP knuckles straight. Hold for _______ seconds. Relax. Do _______ times, _______ times per day.

4. Place the palm of the affected hand down on a table top. Place the opposite hand on top of the affected hand to keep it flat. Slowly raise your elbow off the table top, bending at the wrist until a stretch is felt. Hold for _______ seconds. Relax. Do _______ times, _______ times per day.

5. Place the wrist of the affected hand over the edge of a table top with palm down. Place the opposite hand on the back of the affected hand and slowly bend the hand at the wrist joint toward the floor. Keep the forearm flat on the table. Hold for _______ seconds. Relax. Do _______ times, _______ times per day.