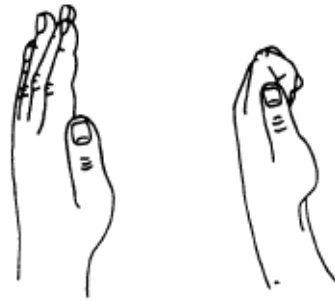


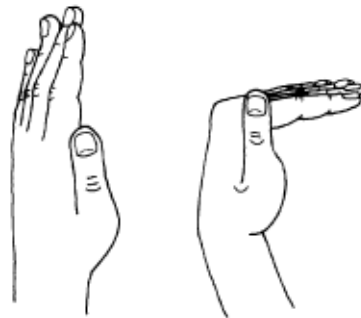
Hand rehab protocol (Dobyns 6-pack exercises)

Albi Qeli, MD ----- www.albiqelimd.com

1. Wrist and fingers initially straight.
Pull fingers down toward palm, bend
knuckles (proximal and distal
interphalangeal joints)



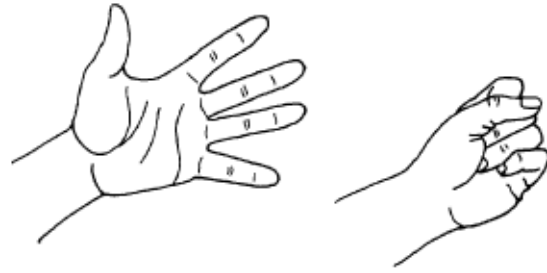
2. Keep knuckles and wrist straight.
Bend your fingers (at the
metacarpophalangeal joint)



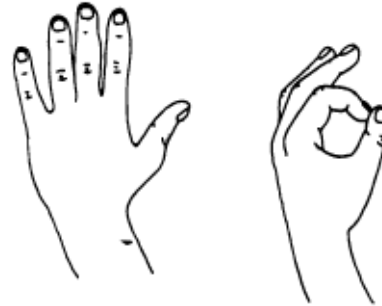
3. Make a fist.



4. Straighten your fingers as much as possible



5. Make the "O" sign with the thumb and each of your fingers, one at a time.



6. Put your hand palm down, flat on a table. The fingers should be able to slide easily on the table (may use baby powder to help the fingers glide). Spread fingers wide apart and bring them together again.

