



# STEVEN D. LIN, MD

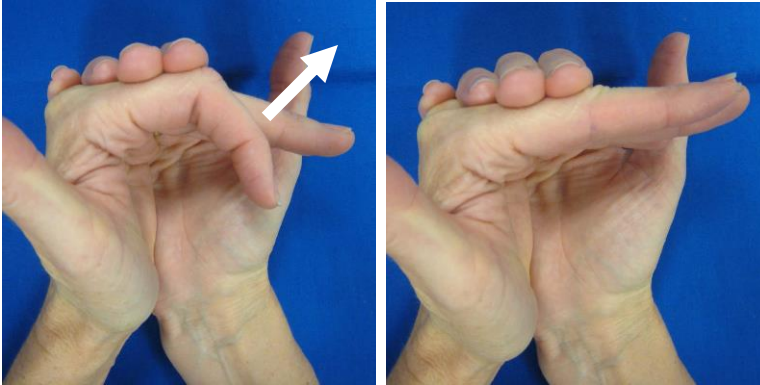
ORTHOPAEDIC SURGEON  
HAND AND UPPER EXTREMITY SPECIALIST

CONGRESS ORTHOPAEDIC ASSOCIATES  
289 W. Huntington Dr. Suite 103  
Arcadia, CA 91007  
(626) 821-0707  
[www.StevenLinMD.com](http://www.StevenLinMD.com)

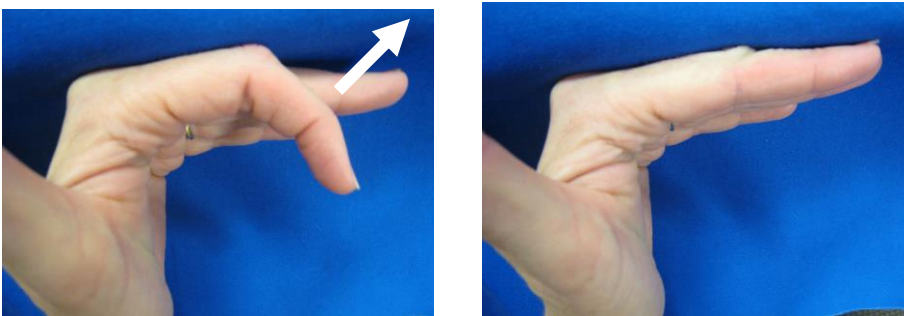
## BLOCKED JOINT EXTENSION EXERCISES

Perform your exercises for   5   times a day.

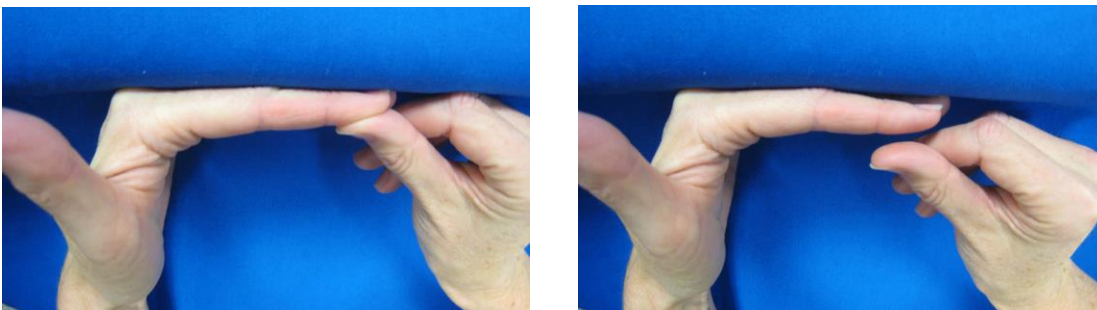
**These exercises will help you to straighten your middle (PIP) knuckle(s).**



1. Stabilize the big knuckle as shown above. Move from a slightly bent position to try to straighten your middle joint. Hold for a count of   3  , repeat   5   times.

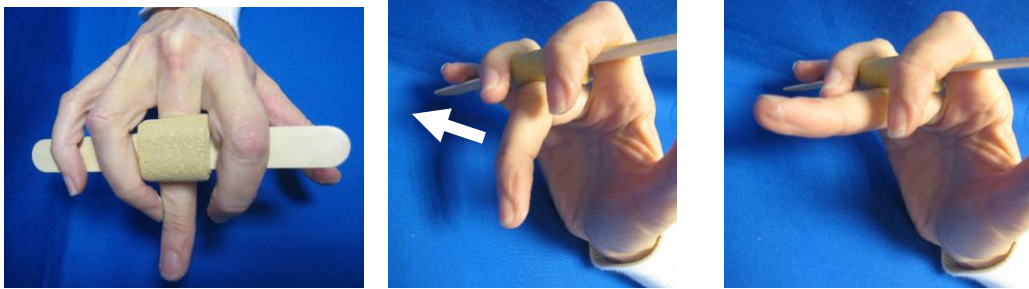


2. Stabilize the big knuckle by placing your hand on the side of a padded table. Move from a slightly bent position to try to straighten your middle joint. Hold for a count of   3  , repeat   5   times.



3. Perform the same exercise as above by first placing your injured hand in the desired position with your other hand. Let go of the support and try to hold for a count of   3  , repeat   5   times.

Page 2: Blocked Joint Extension Exercises

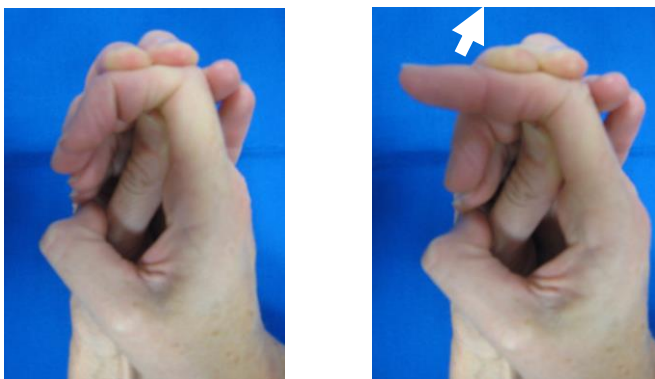


4. Stabilize the big knuckle in a flexed position by placing the padded stick on the back of your injured finger as shown. Move from a slightly bent position to try to straighten your middle joint. Hold for a count of 3, repeat 5 times.

**These exercises will help you to straighten the tip of your finger (DIP) joint.**



5. Try to lift just the tip of your finger off the tabletop. Keep the other joints in your finger from moving by pressing on back of your finger with your other hand. Hold for a count of 3, repeat 5 times.

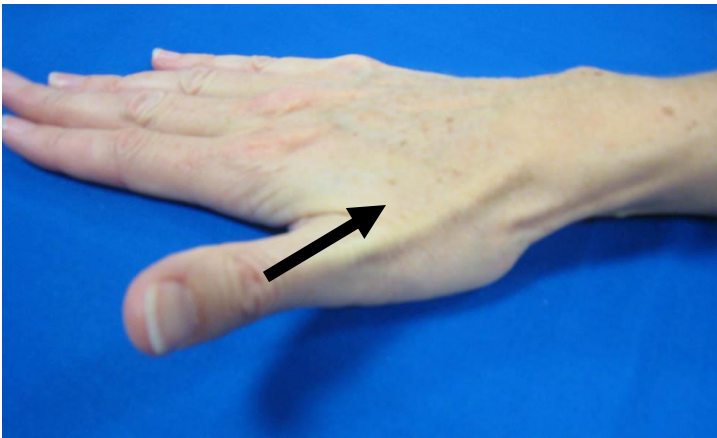


6. Try to straighten just the tip of your finger. Keep the joint below in a slightly bent position by supporting it with your other hand or with the splint given to you. Hold for a count of 3 and repeat 5 times.

**These exercises will help you to straighten your thumb.**



7. Try to straighten the bottom knuckle of your thumb. Support the thumb near the wrist if needed with your other hand. Move from a slightly flexed position to a straight position. Do not let the tip of your thumb straighten up. Hold for a count of   3   and repeat   5   times.



8. Try to lift your thumb off the table. You will be straightening your thumb into a “hitch hike” position. Look for the tendon on the back of your thumb/wrist. Hold for a count of   3   and repeat   5   times.