



***Resistive bands develop
strength in each finger
individually or in entire hand!***

*This exercise system has been created in
association with:*

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INDICATIONS

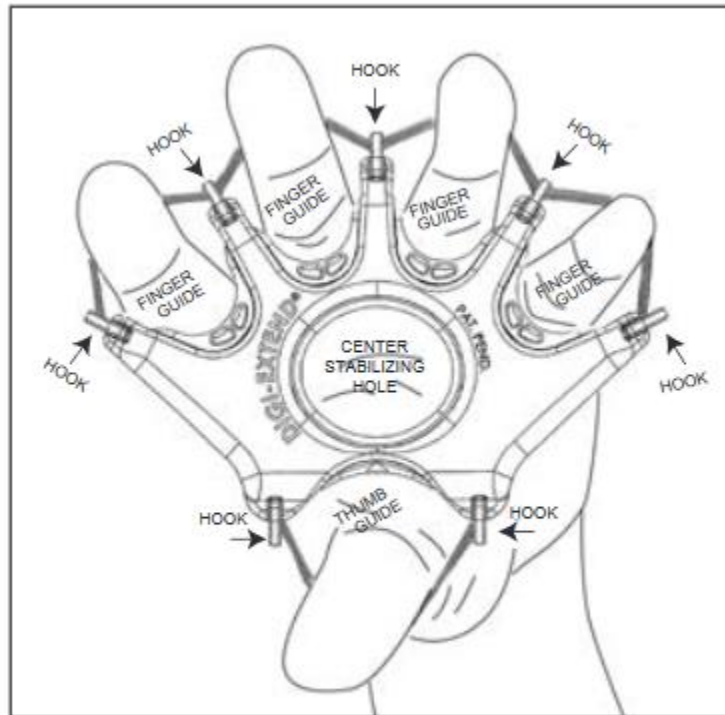
- Develops individual finger strength, flexibility and coordination.
- Also builds hand and forearm strength.

PRECAUTIONS

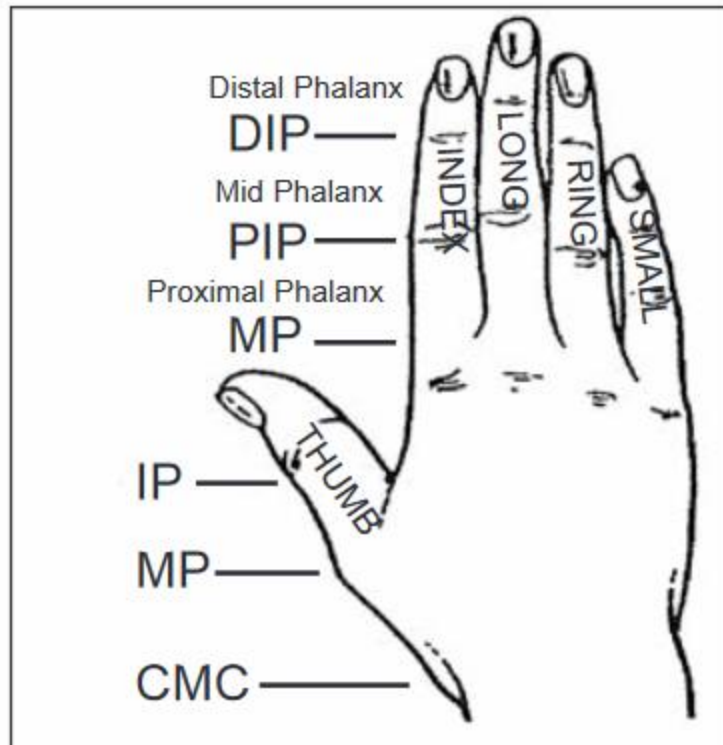
- If you've had an injury or a hand disorder consult with your healthcare professional prior to beginning the exercises.
- The position of the Digi-Extend® in the hand, the intensity of the exercise, level of resistance and number of repetitions should be approved by a healthcare professional.
- If unusual swelling, skin discoloration or pain occurs, discontinue use and consult a healthcare professional.

GUIDELINE FOR USE

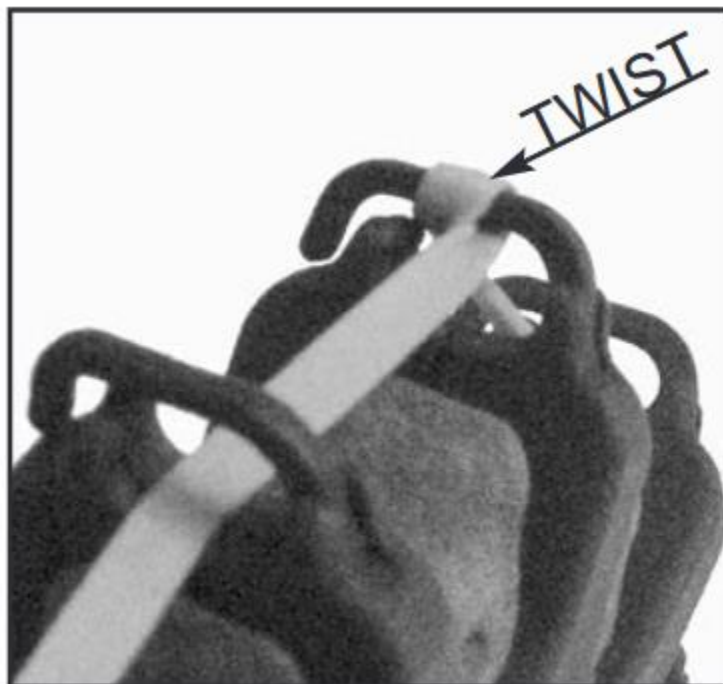
- Exercises should be done at a slow comfortable pace.
- Use the other hand to help stabilize the device during the exercises, as needed.
- Position Digi-Extend® with the hook openings facing away from your hand during use. This will help prevent bands from slipping out.
- For some exercises it is suggested that you utilize a tabletop or rest the Digi-Extend® on your lap to perform exercises effectively and comfortably.
- Suggested exercises follow.



Latex-Free Color-coded bands are stretched around the circumference of the Digi-Extend® under the hooks.



FLEXION = Bending Fingers
 EXTENSION = Straightening Fingers



BAND TWIST ADJUSTMENT - All the exercises can be modified to help control the amount of band length and tension by twisting the band around the hooks.

ENGLISH

1. Full Finger Extension

Place one finger into each finger guide, under the band until the mid phalanx of each finger is resting on the Digi-Extend®. Extend all five fingers. Relax to starting position and repeat.



2. Isolated Full Finger Extension

Starting position as in #1. Flex fingers to hold Digi-Extend®. Extend one finger at a time (all three joints), and relax slowly back to the starting position. Repeat with each finger.



3. Isolated PIP/DIP Extension

Place fingertips in the finger guides. Extend finger, keeping MP joint slightly flexed, extend only the PIP and DIP joints. Relax and let the band flex the joints and extend again. This is a small controlled motion. Repeat with each finger.



4. Isolated MP Extension

Slide fingers all the way forward so that the proximal phalanges are resting on the device and the PIP and DIP joints are flexed. While keeping the PIP and DIP joints flexed, extend only the MP joints (all four fingers together). Stabilize the device with the other hand. Hold and repeat.



ENGLISH

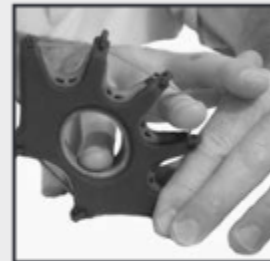
5. Isometric Finger Adduction

Place fingers in starting position as in #1. With fingers in extension, gently squeeze them together sideways against the edges of the finger guides. Hold and repeat.



6. Finger Abduction/Adduction

One finger at a time. **A)** Place a finger in one of the guides so that one **side** of the finger touches the band. Move finger sideways against the band. Relax and repeat. **B)** Turn the device around so the other **side** of the finger touches the band. Now, move the finger the other way, against the band. Relax and repeat.



7. Flexion Blocking

Place fingers in starting position as in #1. You can also position the fingers on top of the bands for a softer effect. Flex all joints to make a **fist** around the device. Hold and repeat.



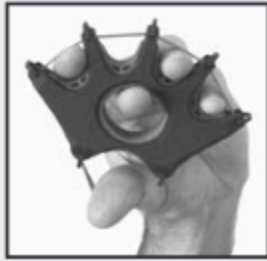
8. Thumb Extension

Place fingers in starting position as in #1. Place long finger in center stabilizing hole or stabilize with the other hand. Turn device so the thumb is on top. While keeping the base (CMC) of the thumb still, slowly extend the thumb IP and MP joints. Hold and repeat.



9. Thumb Abduction /Extension

Place fingers in starting position as in #1. Place long finger in center stabilizing hole or stabilize with the other hand. Extend thumb, away from the palm and fingers. Hold and repeat.



10. Isolated Finger Tip Flexion

Holding with the opposite hand, place one finger into a finger guide with the fingernail resting on the pad and the band on the fingertip skin. Flex only the fingertip against the band. Hold and repeat.

