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# PROGRESSION OF BUNNEL BLOCKING EXERCISES

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### Isolated DIPJ Flexion/Extension with overpressure

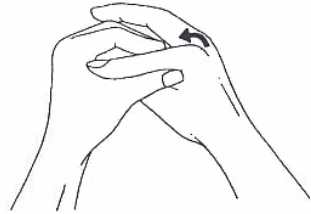


- Support below the finger joint to be exercised
- Bend your fingertip
- Assist the movement with your other hand.

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times

### Isolated MCPJ Flexion/Extension with overpressure



- Support below the finger joint to be exercised
- Bend your finger (knuckle)
- Assist the movement with your other hand

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times

### Isolated PIPJ Flexion/Extension with overpressure



- Support below the finger joint to be exercised
- Bend the middle joint of your finger
- Assist the movement with your other hand

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times