

## BUNNEL BLOCKING EXERCISES

### Isolated DIPJ Flexion/Extension



- Support below the finger joint to be exercised
- Bend your finger tip and then straighten it

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

### Isolated PIPJ Flexion/Extension



- Support below the finger joint to be exercised
- Bend the middle joint of your finger and then straighten it

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

### Isolated MCPJ Flexion/Extension



- Bend your fingers to 90° to the palm
- Straighten your fingers

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

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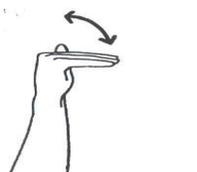
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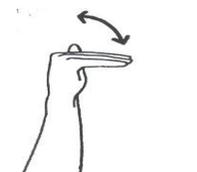
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