

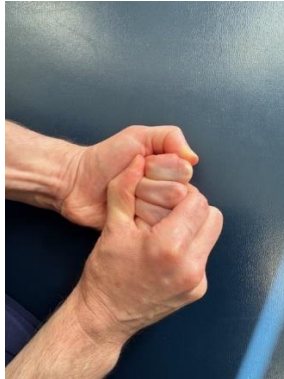
5-30-5 Place and Holds for Hand Therapy

Finger Flexion

1. Make an active tight fist for 5 seconds
2. Passively stretch hand into a fist for 30 seconds
3. Actively hold a fist for 5 seconds



Active Flexion



Passive Flexion



Active Flexion

Finger Extension

1. Actively Straighten fingers for 5 seconds
2. Passively Stretch fingers straight for 30 seconds
3. Actively Keep fingers straight for 5 seconds



Active Extension



Passive Extension



Active Extension