


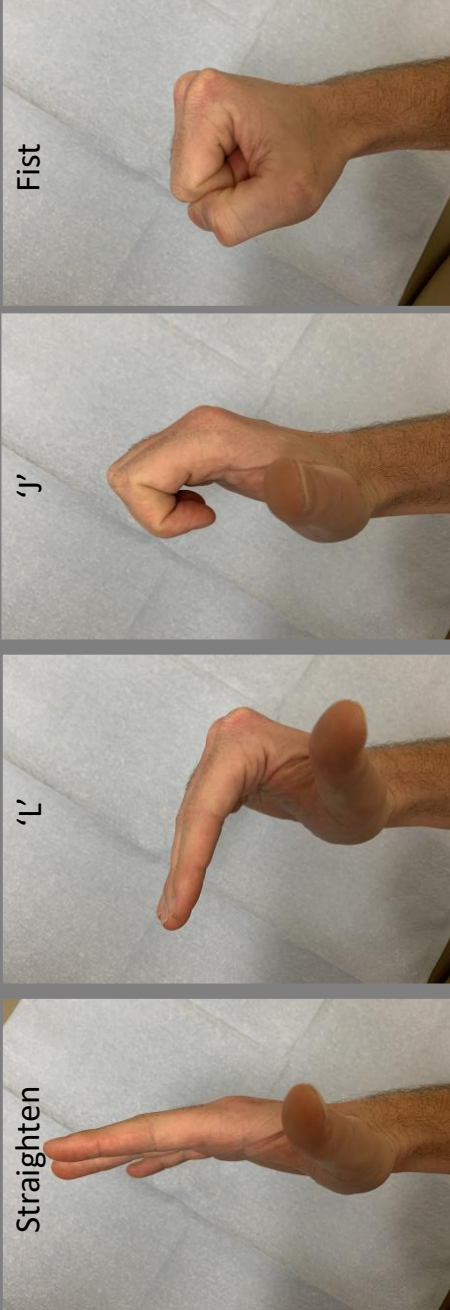
Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Finger Range of Motion Diagram




Finger Range of Motion


twincitiesshoulderandelbow.com/fingermotionvideo/



Straighten **'L'** **'J'** **Fist**

 Chad Myeroff, MD
Twincitiesshoulderandelbow.com

Cycle through the above motions with the assistance of your other hand
*This will prevent stiffness and swelling



More info: twincitiesshoulderandelbow.com/rehab/

