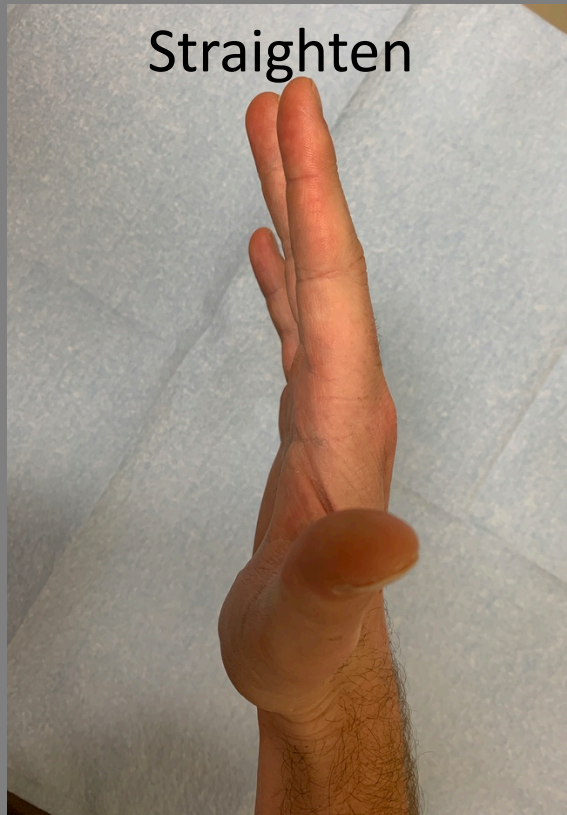


# Finger Range of Motion



Cycle through the above motions with the assistance of your other hand

\*This will prevent stiffness and swelling

Chad Myeroff, MD

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)

