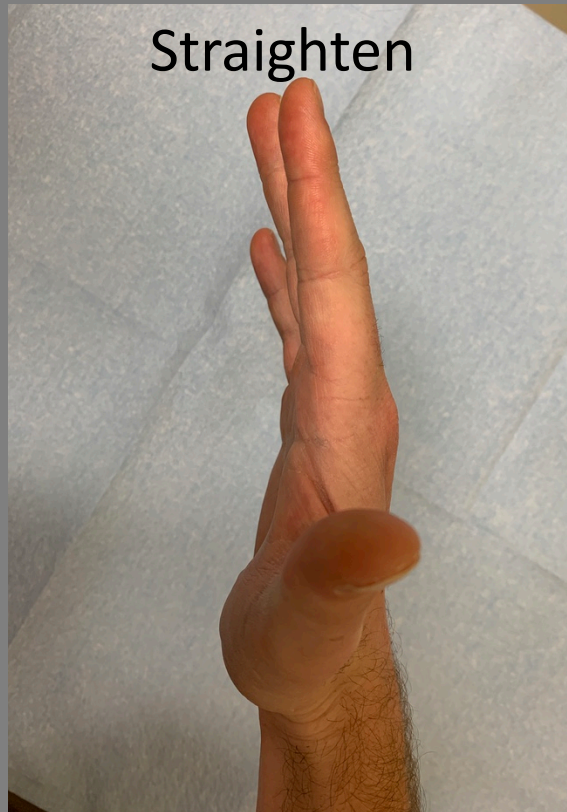


Finger Range of Motion

twincitiesshoulderandelbow.com/fingermotionvideo/



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

*This will prevent stiffness and swelling

Chad Myeroff, MD

Twincitiesshoulderandelbow.com

