

# FINGER JOINT PAIN RELIEF CHART

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

EXERCISE	INSTRUCTIONS	FREQUENCY
<b>Fist Stretch</b>	Slowly bend fingers into a soft fist, thumb on outside. Hold 10s, then spread wide.	10 Reps / 3x Day
<b>Finger Lifts</b>	Place hand flat on table. Lift each finger individually and hold for 2 seconds.	5 Reps per finger
<b>"O" Exercise</b>	Curve all fingers inward until they touch the thumb, forming an "O" shape. Hold 5s.	10 Reps / 2x Day
<b>Thumb Stretch</b>	Reach thumb across palm to touch the base of the pinky finger. Hold 5s.	10 Reps per hand
<b>Table Slides</b>	Hand flat on table. Move thumb away from fingers then back. Repeat with index to middle.	10 Reps / 2x Day

## Daily Tracking & Notes:

*Note: Perform all movements gently. If sharp pain occurs, stop immediately and consult a healthcare professional. This document is a template for informational purposes only.*