

Normalization of Muscle Function
Chapter 17 - Finger Extensor Muscles

- Avoid forceful activity with the hand flexed or with the wrist cocked toward your pinky finger.
- Pour liquid from the shoulder and not by twisting the forearm or wrist.
- Use a graphite or titanium racquet & make sure that a tennis coach goes over the proper position of the wrist when hitting backhands (figures A).
- When shaking hands for extended periods the hand should be offered in the palm upward position & try to alternate hands.
- If work requires motions that hurt, then you should ask your physician about wearing a wrist brace that prevents hand flexion (figure B).
- When unscrewing a jar, use your palm and not your fingertips (figure C = good & D = bad)
- A small pillow may need to be loosely ace bandaged around your affected hand to discourage the fetal sleeping hand position (figures E & F).



A



B



C



D



E

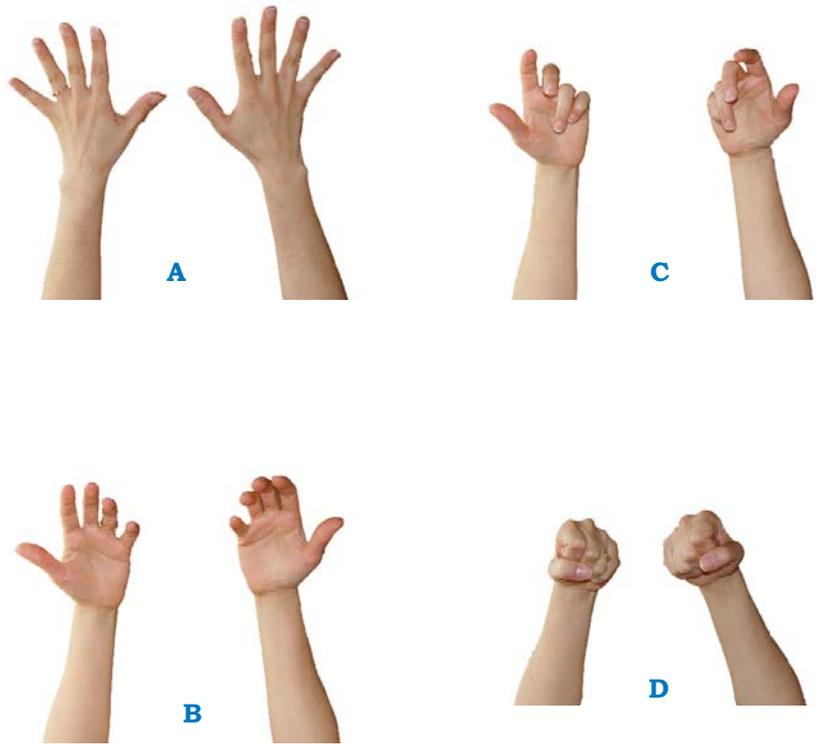


F

Either in the seated or standing position, allow your elbow to rest against your stomach or on an armrest with your hand facing you. Allow your wrist to bend and use the thumb of the other hand to across the medium sized knuckles of your fingers and the fingers of your other hand across the wrist of the hand you're stretching (see figure at right). Take up the slack in your bent fingers by squeezing your thumb and your fingers of the treating hand tighter. Lightly, try to straighten your bent hand against the steady resistance of your treating hand for 3 deep breaths. Upon completing the deep breaths stop trying to straighten your hand. Now that you have relaxed your effort you should be able to take up more slack in your bent wrist. Repeat this stretch 2 more times at a setting & repeat the whole thing 3 times a day.



Start with your hands spread out and your palms away from you (figure A). Then, rotate your forearms around so that your palms are towards you (figure B). Next, bend your pinky finger, followed progressively by your ring, middle, index and thumb fingers (figure C). Your hand should be fisted at this point and the next part is to curl your fists (figure D). Lastly, reverse the steps so you end in the beginning position & repeat the whole thing 3 times. Perform this stretch 3 times a day.



Either in the seated or standing position, allow your arms to hang down with gravity completely relaxed. Move your arms and elbows to cause a flutter-like motion at the hands, demonstrated at right.

