

## Hand Therapy & Rehabilitation Workbook

### Rehabilitation Goals:

- Full restoration of mobility, dexterity, and precision across digits.
  - Address adhesions, scar tissue, and loss of movement.
  - Strength and flexibility for professional and personal needs.
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### Manual Therapy Techniques:

#### • **Instrument-Assisted Mobilization (IASTM):**

- Tools: Graston, HawkGrips, Edge Mobility
- Application: Scar tissue on metacarpals and phalanges

#### • **Active Release Therapy (ART):**

- Target: Flexor/extensor tendons, interosseous muscles
- Benefits: Adhesion resolution, improved gliding

#### • **Joint Mobilization:**

- Joints: MCP, PIP, DIP
  - Goals: Restore isolated joint movements
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### Range of Motion and Strengthening Exercises:

- **Blocking Exercises:** Isolated joint motion
  - **Tendon Glides:** Straight hand, hook, fist, tabletop, straight fist
  - **Opposition Training:** Thumb-to-finger with resistance
  - **Putty Exercises:** Grip strength and coordination
  - **Dynamic Movement Drills:** Piano key taps, finger waves
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### Proprioception and Coordination Exercises:

- **Ball Roll Patterns:** Table surface exercises
  - **Mirror Therapy:** Neuromuscular retraining
  - **Sensory Re-education:** Textures for touch, pressure, vibration
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**Orthotic Considerations:**

- **Passive Splinting:** Early healing phase positioning
- **Dynamic/Static Progressive Splints:** Prevent contractures, regain extension

**Daily Log:**

Date	Exercise Performed	Duration/Reps	Pain Level (0-10)	Notes & Observations
YYYY-MM-DD	Example: Tendon Glides	3 sets of 10	2	Example notes here

**Weekly Progress Notes:**

Week of: \_\_\_\_\_

Observations:

Goals for Next Week: