

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
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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: