

“Six-Pack” Exercises

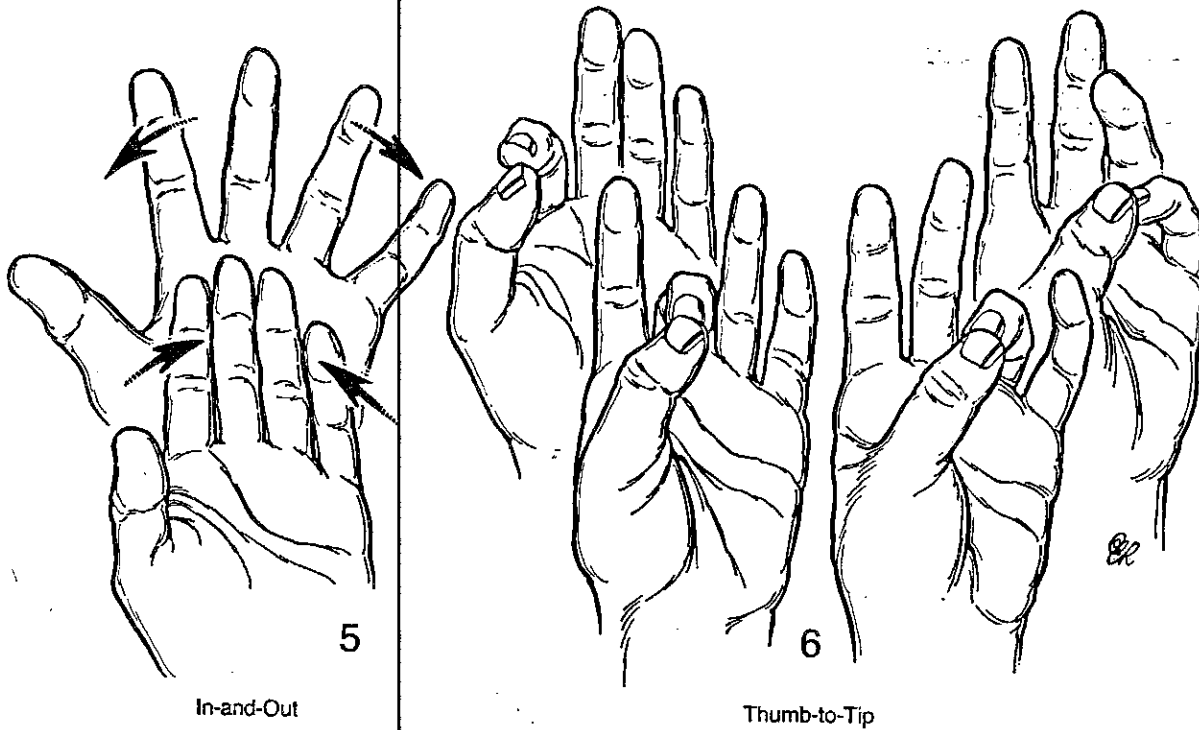


Fig. 22-12. “Six-pack” exercises. 1 through 6 illustrate the position that the patient’s hand should assume when performing these exercises. It is helpful to illustrate to the patient that full MP extension makes his hand look like an arrow; full MP flexion makes his hand look like a table top; full MP extension combined with PIP and DIP flexion creates a claw; complete finger flexion, a fist; abduction and adduction of the fingers, an in and out motion; and finally, to complete the exercises, the individual touches the tip of his thumb to the tip of fingers 2 through 5.