# Hand Interventions

## Edited Video Transcript

Okay, so now we've moved some edema out of the arm. We've worked on the scar. The next thing in the treatment that Suzanne went through is working on range of motion. In this case, we're really focused on active range of motion. So, they [Suzanne] did a number of pieces. One thing they did was joint blocking.

### Part One—Joint Blocking

What you're going to do is block our other joints, and then do active movement. For example, at the MCP, just try to move that arm, move that finger, but only moving one joint at a time. You can do the same at your PIP. “I suggest your PIP. Just move. Nope, we're done keeping it straight. You can [bend] at the DIP. So just your DIP. This is going to help train those muscles to work independently of one another and [get] those tendons gliding independently of one another. You can do the same at the wrist. So, just keep your hand loose and think about moving that wrist.” For all of these, you can do passive. You can do active. You can do active assisted, just depending on what your client needs. That's part one. Part two is our tendon glides.

### Part Two—Tendon Glides

With tendon glides, there's a bunch of different variations, okay. Effectively, you're going to move the joints of your hand through full range. Starting at a loose grasp, you can come into full fist, half fist, tabletop, straight-finger fist—[this] is one that I've done before. They actually can go in any order with tendon glide. They can go effectively as long as you're moving all your joints. So again, what I did is from loose fist to a full fist, again this can be passive, this can be active, this can be active assisted, right? Now, I'm kind of doing this active assist. I can go into half fist, tabletop, a flat-finger fist, see? Again, I went from here [to] there. The last one really gets into the piece of strengthening, and for someone like Suzanne, this would be a great exercise for her. It's called a place-and-hold exercise. Remember, she couldn't form a full grasp. She had a gap of roughly 1 cm. So what I'm going to do is, I'm going to place that into a full fist, and I'm going to say, “I want you to hold this full force.” Then, she's going to fatigue, and then it's a relax. So this is strengthening. What type of strengthening am I doing? What type of motion? This is an isometric strengthening exercise, right? It can be very effective. You can do that [for] all your joints. You can do that at your wrist. “No, place and hold, relax. You can do that. Come here. Place and hold, relax.” Now we've addressed all these components, we’ll address edema.

We're addressing the scar. We're addressing strength. We're addressing range of motion. Then, the last part is we apply it, practice everyday tasks where she needs to do gripping at that functional range that we've now gained. It's going to be light because you don't have a lot of force into it yet, right?