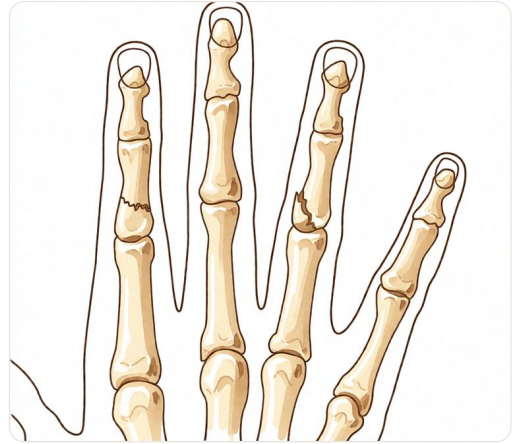


Volar plate exercises

Volar plate exercises

Kieran Hirpara 4.0

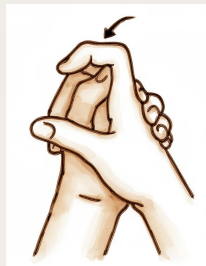


Prepared in association with Extend Rehabilitation

1. Tip of finger bends



2. Hook bends



3. Full fist

