

## Test: Range-of-Motion (ROM) in Finger Flexion

### INDEX FINGER: MP, PIP & DIP Joint Flexion

#### 12-WEEK Corporate Program - 34 Employees

**NOTE:** Increases in ROM were dependent upon how diligent the test subject was in performing the FLEXTEND® exercise routine / program. Weekly notes were gathered from each subject with regard to how consistent they were on a weekly basis.

**IMPORTANT:** Blank columns below indicate that subject did not show up for testing.

*27 of 28 Individuals (96.428%) that received ROM testing showed improved Flexion of the Index Finger*

INDEX FINGER Patient #	MP Joint Flexion ROM (+/-Degrees)	PIP Joint Flexion ROM (+/-Degrees)	DIP Joint Flexion ROM (+/- Degrees)	<u>TOTAL:</u> Index Finger Flexion ROM (+/-Degrees)
2	9	0	6	+15
3	7.5	1	5	+12.5
4	0	0	10	+10
5	-2	5	8	+11
6	8	0	5	+13
7	2.5	2.5	17.5	+22.5
8	0	0	0	NS
9	0	0	0	NS
10	5	-4	15	+16
11	2.5	2.5	0	+5
12	0	0	0	NS
13	16	10	11	+37
14	0	0	0	NS
15	10	0	8	+18
16	0	0	0	NS
17	0	2	0	+2
18	4	2	5	+11
19	4.5	9	6.5	+20
20	11	10	10	+31
21	1	8	-2	+7
22	0.5	13	10	+23.5
23	5	2	10	+17
24	5	1	19.5	+21
25	-10	5	15	+10
26	8	-11	15	+12
27	3	14.5	14	+31.5
28	-2.5	12.5	-5	+5
29	5	5	11	+21
30	-1	4	-5	-2
31	2.5	6.5	1	+10
32	0	0	0	NS
33	6	0	10	+16
34	4	8	23	+35
35	5.5	3.5	9	+18

**No Show (NS):** Employee was not present at time of testing.