

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

LITTLE 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 29 Individuals (93.103%) that received ROM testing showed improved Flexion of the Little Finger

LITTLE FINGER Employee #	MP Joint Flexion			DIP Joint Flexion ROM (+/-Degrees	<u>TOTAL:</u> Little Finger Flexion ROM (+/- Degrees
	ROM (+/- Degrees	PIP Joint Flexion ROM (+/-Degrees	PIP Joint Flexion ROM (+/-Degrees		
2	4	10	15	+29	
3	10	5	-1	+14	
4	10	17	7	+34	
5	10	5	10	+25	
6	10	5	8	+23	
7	7	0	0	+7	
8	NS	NS	NS	NS	
9	-3	5	-5	-3	
10	-5	7	1	+3	
11	6	0	20	+26	
12	NS	NS	NS	NS	
13	10	5	4	+19	
14	NS	NS	NS	NS	
15	5	1	10	+16	
16	NS	NS	NS	NS	
17	6	NS	5	+11	
18	10	10	11	+31	
19	10	6	10	+26	
20	12	15	5	+32	
21	5.5	1	0	+6.5	
22	15	5	12	+32	
23	15	10.5	0.5	+26	
24	8	8	10	+26	
25	10.5	2	30	+42.5	
26	10	4	5	+19	
27	10	5	5.5	+20.5	
28	14.5	16.5	20	+51	
29	-4	5	26	+27	
30	-10	-8	-5	-23	
31	11.5	7.5	1	+20	
32	NS	NS	NS	NS	
33	0	14	5	+19	
34	7	1	5	+13	
35	20	0.5	10	+30.5	

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