

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

### MIDDLE 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.

*29 of 30 Individuals (96.428%) that received ROM testing showed improved Flexion of the Middle Finger*

MIDDLE FINGER Employee #	MP Joint Flexion ROM (+/-Degrees)	PIP Joint Flexion ROM (+/-Degrees)	DIP Joint Flexion ROM (+/-Degrees)	<b>TOTAL:</b> Middle Finger Flexion ROM (+/- Degrees)
2	10	1	9	+20
3	20	-6	8	+22
4	5	5	10	+20
5	0.5	10	15	+25.5
6	7.5	0	1.5	+9
7	6.5	3.5	4	+14
8	NS	NS	NS	NS
9	4	9	10	+23
10	5	4	15	+24
11	-2	5	12	+15
12	NS	NS	NS	NS
13	10	7	10	+27
14	NS	NS	NS	NS
15	5	6	18	+29
16	NS	NS	NS	NS
17	0	12	NS	+12
18	4	2	7	+13
19	-0.5	12	12	+23.5
20	10	10	5	+25
21	3.5	7	17.5	+28
22	5	5	10.5	+20.5
23	6	12	15	+33
24	3	1	10	+14
25	2	10	30	+42
26	2.5	-2	0	+0.5
27	9	10	19	+38
28	3	8.5	-3	+8.5
29	-4	5	15	+16
30	1	2	2	+5
31	2.5	0	NS	+2.5
32	NS	NS	-4	-4
33	7	2	2	+11
34	6	15	15	+36
35	NS	2	20	+22

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