

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

RING 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.

28 of 29 Individuals (96.551%) that received ROM testing showed improved Flexion of the Ring Finger

RING FINGER Employee #	MP Joint Flexion ROM (+/- Degrees	PIP Joint Flexion ROM (+/-Degrees	DIP Joint Flexion ROM (+/-Degrees	<u>TOTAL:</u> Ring Finger Flexion ROM (+/- Degrees
2	2.5	8	5	+15.5
3	5.5	5	5	+15.5
4	0	7	15	+22
5	10	5	15	+30
6	15	9	5	+29
7	1.5	5	11	+13
8	NS	NS	NS	NS
9	-9	7	0	-2
10	1	-3	5	+3
11	5	0.5	15	+20.5
12	NS	NS	NS	NS
13	5	9	15	+29
14	NS	NS	NS	NS
15	0	10	21	+31
16	NS	NS	NS	NS
17	1	5	10	+16
18	9	0	10	+19
19	10	10	12	+32
20	15	14	10	+39
21	-4.5	3.5	3	+2
22	10	5	13	+28
23	8.5	5	6	+19.5
24	2	4	5	+11
25	9	9	30	+48
26	15	5	15	+35
27	9	2.5	20	+31.5
28	9.5	14	30	+53.5
29	6	5	15	+26
30	6	3	4	+13
31	10	12.5	5	+27.5
32	NS	NS	NS	NS
33	7	6	6	+19
34	18	10	10	+38
35	7	5	15	+27

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