Notes: After 8 weeks of continuous splint wear, and keeping the tip joint of the finger straight 24 hour a day (protecting it in a straight position when cleaning the finger as well), you are ready to start the 2nd phase of rehab:

Do the first exercise x 2 weeks. Continue wearing your splint with activities.
Add in the second exercise in 2 weeks. Continue wearing your splint with activities
Discontinue your splint in 4 weeks.

1- Active finger flexor tendon glides - Repetition:15 / Frequency:4x/day

Start this exercise now, 4x/day, out of your splint. Begin with the wrist and fingers straight. Bend at the first knuckles, making a tabletop. Touch the fingertips to the base of the palm, making a flat fist. Bring the fingers up into a claw position. Keeping the tension in the fingers, roll them into a full, tight fist.

Wear your splint at all other times.

2- Passive finger flexion - Repetition:5 slow repetitions / Frequency:4x/day

Start this exercise in 2 weeks, to work on full finger flexion into a tight fist.

Begin by trying a make a full fist. Using your other hand, stretch the stiff finger at the tip and middle joints, rolling it into a full fist. Repeat for all fingers individually. This exercise can also be done stretching all 4 fingers at the same time.

Wear your splint at all other times.
**Exercise 1: Active finger flexor tendon glides**  
Repetition: 15 / Frequency: 4x/day

**Exercise 2: Passive finger flexion**  
Repetition: 5 slow repetitions / Frequency: 4x/day