

## **Range of Motion Protocol for Hand Surgery**

Voice Command: Range of Motion Protocol for Hand Surgery - Total 20 seconds  
Command Tempo is at 60 beats per minute

Reminders: You will be asked to make 'OK' signs with your  
thumb and all the fingers  
and wave 'Good-Bye' with totally straight fingers

Now, open your palm with fingers together, and face the camera

OK, ready (Metronome on), get set

/3-----/2-----/1(Camera on)/

/0 - **Action** /1-----/

/2 - **Spread all your Fingers** /3-----/

/4 - **Make the OK sign** /5-----/

/6 - **Next Finger** /7-----/

/8 - **The Ring Finger** /9-----/

/10 - **The Small Finger** /11-----/

/12 - **Make a Fist** /13-----/

/14 - **Thumb up** /15-----/

/16 - **Point at the camera** /17-----/

/18 - **Wave Good-Bye** /19-----/

/20 - **Cut** (Camera off)