

Flexion

Weekly hand report

Patient sample · right hand

2026-10-12 to 2026-10-18 (IST)

Routine: from the therapist's sheet (1 exercise)

14 sessions this week, on 7 of 7 days. Completed: 13. Pain flags: 1.

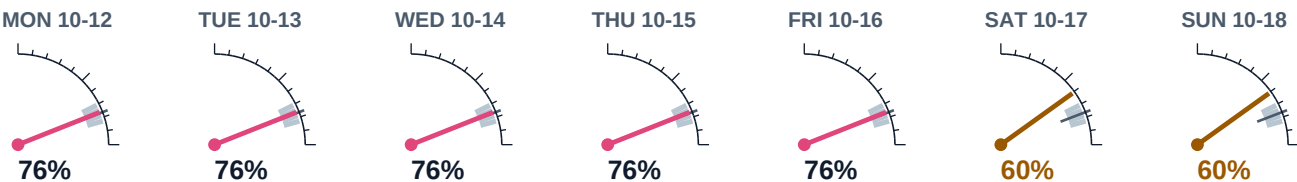
Real change vs the usual fist reading (beyond MDC95 0.063): 4 looser, 0 tighter.

Flare: 2026-10-17 and 2026-10-18 (two days in a row looser than usual, beyond day-to-day noise).

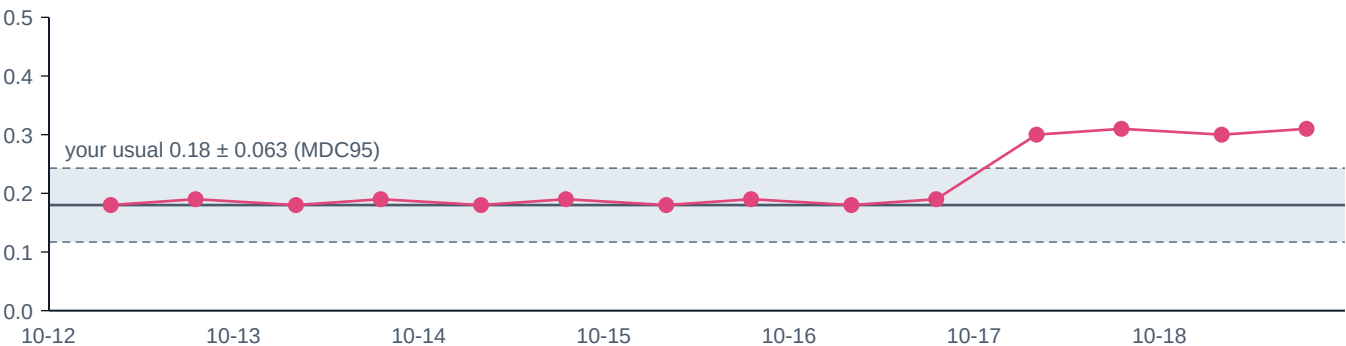
Never exceeded the therapist's limits: yes.

Progression: Holding steady: each level is kept for 7 days before it rises.

Fist closure per day (median): how far the index fingertip travels from open hand to fist. Band = your usual $\pm$ noise.



Fist reading per session: index fingertip to knuckle $\div$ palm length. Lower = a tighter fist.



Date	Time	Done	Reps	Grip	Fixes	Pain	Fist	Change vs usual
2026-10-12	08:00	yes	10	pass	2	-	0.18	normal range
2026-10-12	19:00	yes	10	pass	0	-	0.19	normal range
2026-10-13	08:00	yes	10	pass	0	-	0.18	normal range
2026-10-13	19:00	yes	10	pass	0	-	0.19	normal range
2026-10-14	08:00	yes	10	pass	0	-	0.18	normal range
2026-10-14	19:00	no	4	pass	0	pain	0.19	normal range
2026-10-15	08:00	yes	10	pass	0	-	0.18	normal range
2026-10-15	19:00	yes	10	pass	0	-	0.19	normal range
2026-10-16	08:00	yes	10	pass	0	-	0.18	normal range
2026-10-16	19:00	yes	10	pass	0	-	0.19	normal range
2026-10-17	08:00	yes	10	pass	0	-	0.30	looser (real)
2026-10-17	19:00	yes	10	pass	0	-	0.31	looser (real)
2026-10-18	08:00	yes	10	pass	0	-	0.30	looser (real)
2026-10-18	19:00	yes	10	pass	0	-	0.31	looser (real)

Reviewed by _____

Date _____

Measurement aid, not a diagnosis. Values from a consumer webcam; see method.

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Method: index fingertip-to-knuckle distance $\div$ palm length, median of a steady window; MDC95 0.063 from repeat trials.