**Supplementary File 2. Progressive grasps types in hand rehabilitation**

|  |  |  |  |
| --- | --- | --- | --- |
| **Phase 1****Grasps requiring no or very little MCPJ flexion** | **Phase 2****Grasps requiring minimal to 45° MCPJ flexion** | **Phase 3****Grasps requiring more than 45° MCPJ flexion** | **Phase 4****All Grasps with resistance** |
| 5. Light Tool8. Prismatic 2 Fingers10. Power Disk12. Precision Disk15. Fixed Hook16. Lateral17. Index Finger Extension (For index finger #)18. Extension Type23. Adduction Grip26. Sphere 4 Fingers28. Sphere 3 Fingers32. Ventral (For index finger #)33. Inferior PincherRespect pain < 3/10. | 1. Large Diameter3. Medium Wrap4. Adducted Thumb6. Prismatic 4 Fingers7. Prismatic 3 Fingers9. Palmar Pinch14. Tripod21. Tripod variation24. Tip Pinch31. Ring Index finger # | 2. Small Diameter11. Power Sphere13. Precision Sphere17. Index Finger Extension (For middle-, ring- and little finger #)19. Distal20. Writing Tripod22. Parallel Extension25. Lateral Tripod27. Quadpod29. Stick30. Palmar32. Ventral (For middle-, ring- and little finger #) | All Grasps if no pain is present. If pain persists, consult your medical doctor. |