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

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| **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 Tool  8. Prismatic 2 Fingers  10. Power Disk  12. Precision Disk  15. Fixed Hook  16. Lateral  17. Index Finger Extension (For index finger #)  18. Extension Type  23. Adduction Grip  26. Sphere 4 Fingers  28. Sphere 3 Fingers  32. Ventral (For index finger #)  33. Inferior Pincher  Respect pain < 3/10. | 1. Large Diameter  3. Medium Wrap  4. Adducted Thumb  6. Prismatic 4 Fingers  7. Prismatic 3 Fingers  9. Palmar Pinch  14. Tripod  21. Tripod variation  24. Tip Pinch  31. Ring Index finger # | 2. Small Diameter  11. Power Sphere  13. Precision Sphere  17. Index Finger Extension (For middle-, ring- and little finger #)  19. Distal  20. Writing Tripod  22. Parallel Extension  25. Lateral Tripod  27. Quadpod  29. Stick  30. Palmar  32. Ventral (For middle-, ring- and little finger #) | All Grasps if no pain is present. If pain persists, consult your medical doctor. |