

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

<p><b>Phase 1</b></p> <p><b>Grasps requiring no or very little MCPJ flexion</b></p>	<p><b>Phase 2</b></p> <p><b>Grasps requiring minimal to 45° MCPJ flexion</b></p>	<p><b>Phase 3</b></p> <p><b>Grasps requiring more than 45° MCPJ flexion</b></p>	<p><b>Phase 4</b></p> <p><b>All Grasps with resistance</b></p>
<p>5. Light Tool</p> <p>8. Prismatic 2 Fingers</p> <p>10. Power Disk</p> <p>12. Precision Disk</p> <p>15. Fixed Hook</p> <p>16. Lateral</p> <p>17. Index Finger Extension (For index finger #)</p> <p>18. Extension Type</p> <p>23. Adduction Grip</p> <p>26. Sphere 4 Fingers</p> <p>28. Sphere 3 Fingers</p> <p>32. Ventral (For index finger #)</p> <p>33. Inferior Pincher</p> <p>Respect pain &lt; 3/10.</p>	<p>1. Large Diameter</p> <p>3. Medium Wrap</p> <p>4. Adducted Thumb</p> <p>6. Prismatic 4 Fingers</p> <p>7. Prismatic 3 Fingers</p> <p>9. Palmar Pinch</p> <p>14. Tripod</p> <p>21. Tripod variation</p> <p>24. Tip Pinch</p> <p>31. Ring Index finger #</p>	<p>2. Small Diameter</p> <p>11. Power Sphere</p> <p>13. Precision Sphere</p> <p>17. Index Finger Extension (For middle-, ring- and little finger #)</p> <p>19. Distal</p> <p>20. Writing Tripod</p> <p>22. Parallel Extension</p> <p>25. Lateral Tripod</p> <p>27. Quadpod</p> <p>29. Stick</p> <p>30. Palmar</p> <p>32. Ventral (For middle-, ring- and little finger #)</p>	<p>All Grasps if no pain is present. If pain persists, consult your medical doctor.</p>