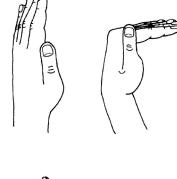
## **Active Hand Exercises**

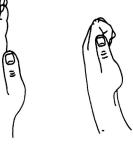
Repeat these exercises \_\_\_\_\_ times, \_\_\_\_\_ times a day.

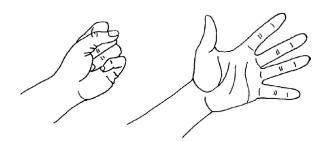
• With your wrists and your fingers straight, bend your fingers at the knuckles.

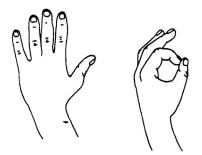
• Keep your knuckles and wrist straight. Bend and straighten your fingers.

- Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.
- Touch your thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.

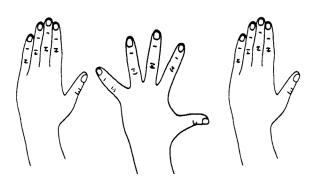








• Spread baby powder on the table under your fingers. Rest your hand on the table with your palm down. Spread your fingers wide apart and then bring them together again.



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