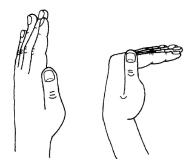
手の運動

Active Hand Exercises

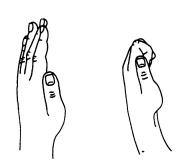
Repeat these exercises	times,	以下の運動を	回繰返し、毎日	
times a day.		行います。		

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



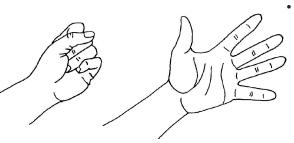
手首と指を真っ直ぐ伸ばし、指の付け根部分から指を曲げます。

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



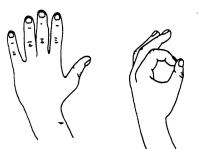
指の付け根と手首を真っ直ぐ伸ばして、指を曲げたり伸ばしたりします。

 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.



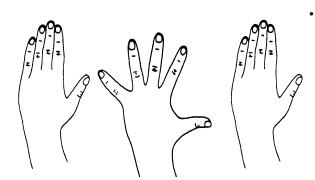
まず、指を伸ばして広げます。関節をしっかりと曲げてこぶしを作ります。次に、できる限り指を伸ばして広げます。

 Touch your thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



指を一本づつ曲げ、指先を親指 に触れさせて輪を作ります。輪を 一つ作るごとに手を広げます。

 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.



指の腹を使ってテーブ ルの上にベビーパウダ ーを広げます。手のひら を下にしてテーブルに 置きます。指をいっぱい に広げたり、閉じたりし ます。

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