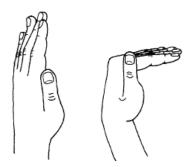
## हातको सक्रिय व्यायाम

## **Active Hand Exercises**

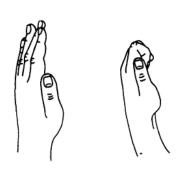
Repeat these exercises	times,	यी व्यायामहरू	पटक गर्नुहोस्, दिनम
times a day.		पटक।	

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



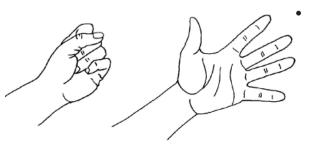
आफ्ना नाडी र औंलाहरू सोझो राखेर, औंलाका जोर्नीहरूबाट औंलाहरू बन्द गर्नुहोस्।

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

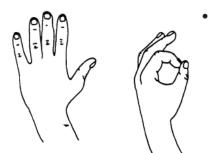


आफ्ना औंलाका जोर्नीहरू र नाडीलाई सोझो राख्नुहोस्। आफ्ना औंलाहरूलाई बन्दगर्नुहोस् र खोलेर सोझो पार्नुहोस्।

 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.

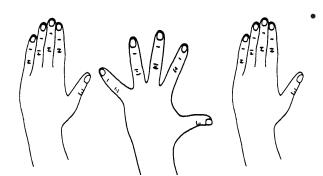


आफ्ना औंलाहरूलाई सोझो तन्काएर सुरु गर्नुहोस्। मुठ्ठी पार्नुहोस्, हरेक औला जोर्नीबाट जितसक्दो बन्द गर्ने कुरा सुनिश्चित गर्नुहोस्। आफ्ना औंलाहरूलाई जितसक्दो खोलेर सोझो पार्नुहोस्।  Touch your thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



बुढी औंलाले अरू औंलाका टुप्पाहरूलाई छुनुहोस्, एक-एक गरेर, चक्र बनाउँदै। हरेक औंलालाई छोएपछि हातलाई पूरा खोल्नुहोस्।

 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.



तपाईंका औंलाहरू राखिएको टेबलमा शिशु पाउडर छर्कनुहोस्। आफ्नो हत्केला टेबलमा राख्नुहोस्। औंलाहरूलाई फिंजाउनुहोस् र त्यसपछि तिनलाई फेरि जोड्नुहोस्।

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.