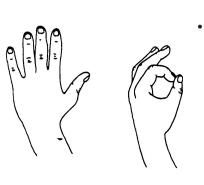
## **Active Hand Exercises**

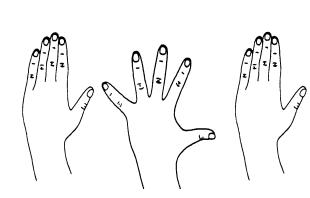
Repeat these exercises \_\_\_\_\_\_ times, 重复这些练习\_\_\_\_\_次,每天\_\_\_\_次 times a day. • 将手腕和手指伸直,在指关节 With your wrists and your fingers straight, bend your 处弯曲手指。 fingers at the knuckles. 保持指关节和手腕伸直。弯曲 Keep your knuckles and wrist 并伸直手指。 straight. Bend and straighten your fingers. • 先伸直五根手指。握 Start with your fingers out straight. Make a fist, 拳,每个指关节务必尽 量弯曲。然后尽量伸直 being sure each finger joint is bending as much 手指。 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.



用拇指触碰指尖,每次触碰一 个指尖,呈圆圈状。触碰完每 根手指后完全张开手。

 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.



 在桌上撒些婴儿爽身 粉,将手指放上去。
将手放在桌上,手掌朝
下。手指尽量张开,
然后再并拢。

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