

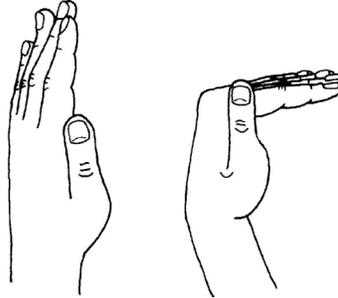
# Jimicsiga Gacanta Firfircoon

## Active Hand Exercises

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

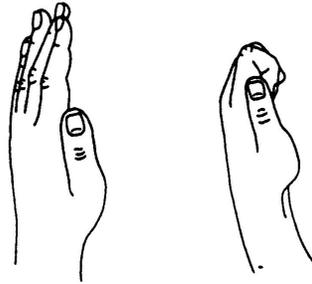
Ku celi jimicsiyadaan \_\_\_\_\_ jeer, \_\_\_\_\_  
jeer maalintii.

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



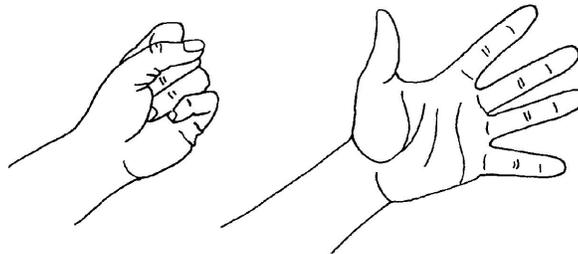
- Iyo curcurkaaga iyo farahaaga si toosan, ku qalooci farahaaga ee kalaggoyska.

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



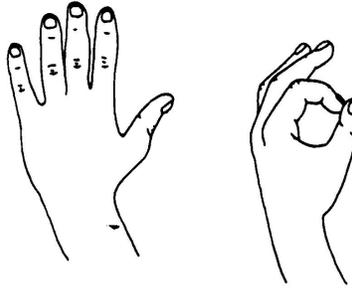
- Ku haay kalagoyskaaga iyo cucurka si toosan. Qalooci oo toosi farahaaga.

- 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.



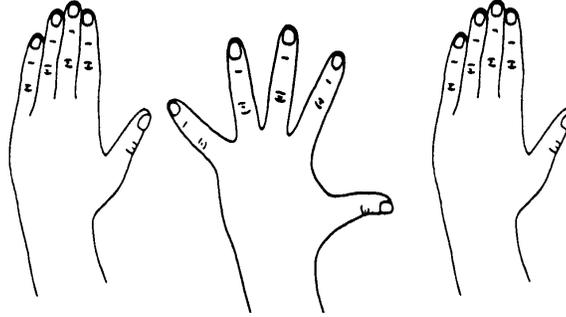
- Ku bilow farahaaga oo toosan. Faraha isku laab, hubitaanka in xubin walba ee farta ay u qaloocsantahay sida badan oo suurtoogalka ah. Toosi farahaaga sida badan oo suurtoogalka ah.

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



- Taabo suulka ee fiida farahaaga, hal markiiba, wareeg sameynayo. Si furan ufur gacmahaaga kadib taabshada far walba.

- 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.



- Ku daadi bowdharka ilmaha miiska ka hooseeyo fartaada. Ku nasi gacantaada miiska ee calaancashaada hoos taalo. U kala bixi farahaaga si kala baxsan oo qeyb ah kadibna usu keen markale.