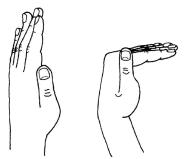
手部主動練習

Active Hand Exercises

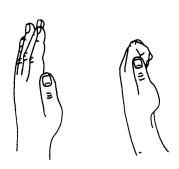
Repeat these exercises _	times,	重複這些練習次	每天次。
times a day.			

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



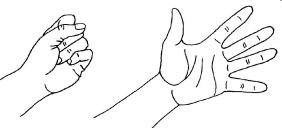
• 將手腕和手指伸直,在關節處 彎曲手指。

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

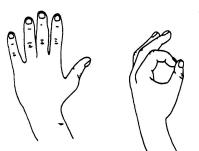


• 保持關節和手腕伸直。彎曲再伸直手指。

 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.

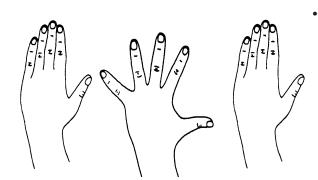


先伸直五根手指。握 拳,每根指關節一定要 儘量彎曲。然後儘量伸 直手指。 Touch your thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



用拇指觸碰指尖,一次碰一個 指尖,作圓圈狀。碰完每根手 指後完全張開手。

 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.



在桌上撒些嬰兒爽身 粉,將手指放上去。 手掌朝下,將手放在桌 上。將手指儘量張開, 然後再併攏。

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