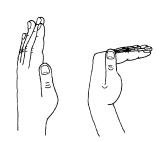
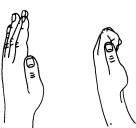
Active Hand Exercises

Repeat these exercises _____ times, ____ times a day

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



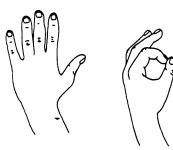
• Keep your knuckles and wrist straight. Bend and straighten your fingers.



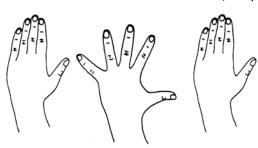
• Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.



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



• 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.



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