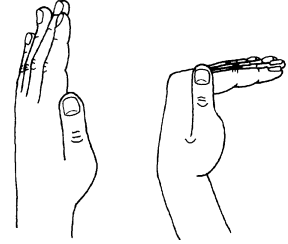


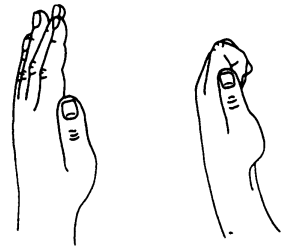
# Active Hand Exercises

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

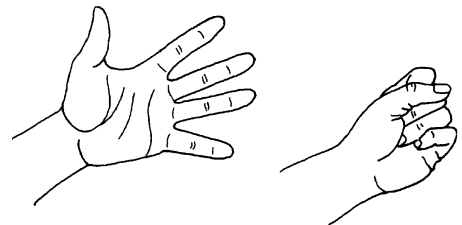
- With your wrists and your fingers straight, bend your fingers at the knuckles.



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



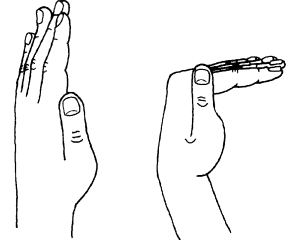
- Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.



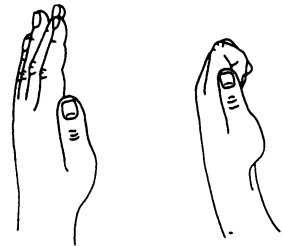
# Ejercicios activos para manos

Repita estos ejercicios \_\_\_\_\_ veces, \_\_\_\_\_ veces al día

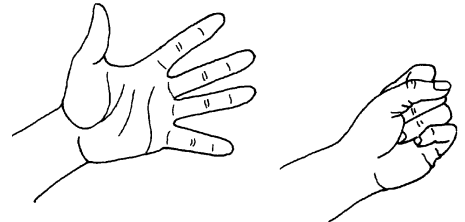
- Con la muñeca y los dedos derechos, doble los dedos en los nudillos.



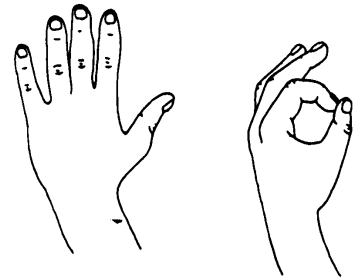
- Mantenga los nudillos y muñeca derechos. Doble y estire los dedos.



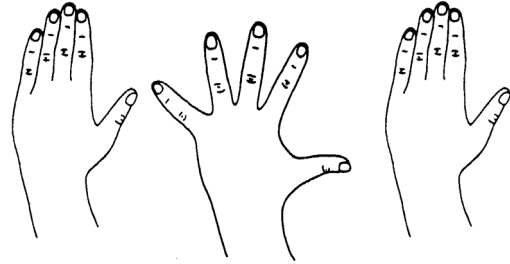
- Comience con los dedos estirados derechos. Empuñe la mano, asegúrese de que cada articulación de los dedos se doble lo más posible. Estire los dedos lo más que pueda.



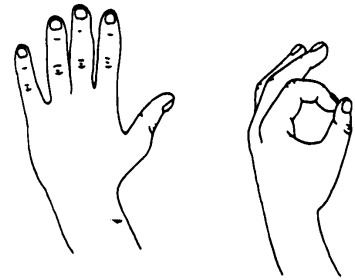
- Touch thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



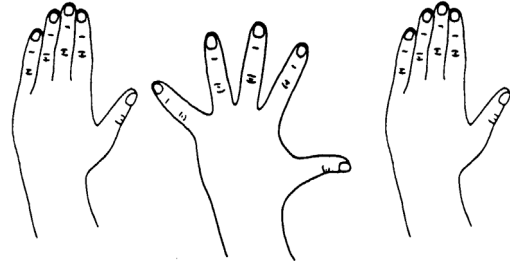
- Spread baby powder on the table under your fingers. Rest your hand on the table with your palm down. Spread your fingers wide apart and then bring them together again.



- Tóquese las puntas de los dedos con el dedo pulgar, uno a la vez, haciendo un círculo. Abra la mano completamente después de tocar cada dedo.



- Espolvoree talco para bebé en la mesa bajo sus dedos. Ponga la mano en la mesa con la palma hacia abajo. Abra los dedos completamente y luego júntelos de nuevo.



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