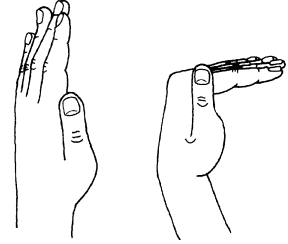


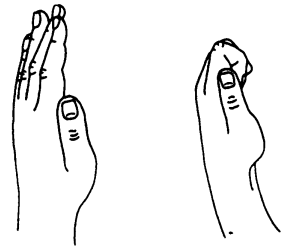
Active Hand Exercises

Repeat these exercises _____ times, _____ times a day

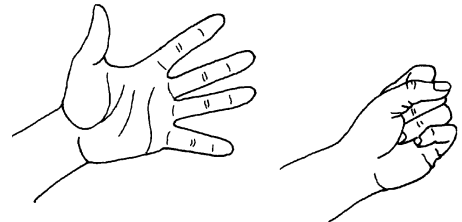
- With your wrists and your fingers straight, bend your fingers at the knuckles.



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



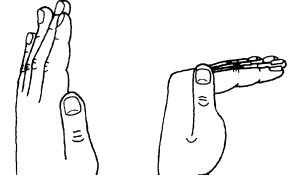
- Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.



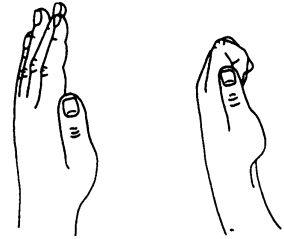
积极的手部练习

重复这些练习_____次，一天_____次。

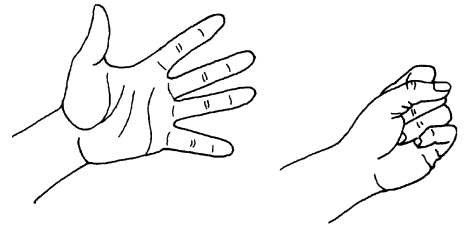
- 将手腕和手指伸直，在关节处弯曲手指。



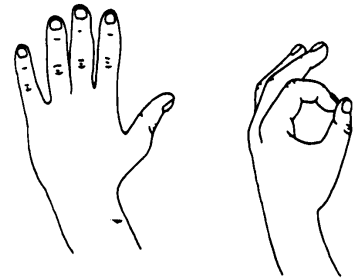
- 将关节和手腕保持伸直。弯曲再伸直手指。



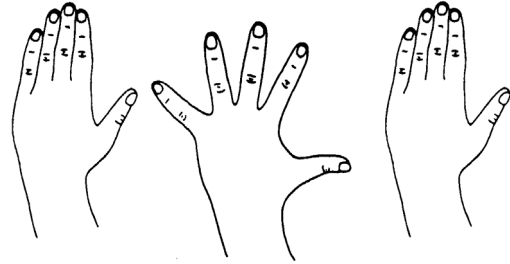
- 先伸直五个手指。再握拳，每一指关节一定要尽量地弯曲。再尽量伸直手指。



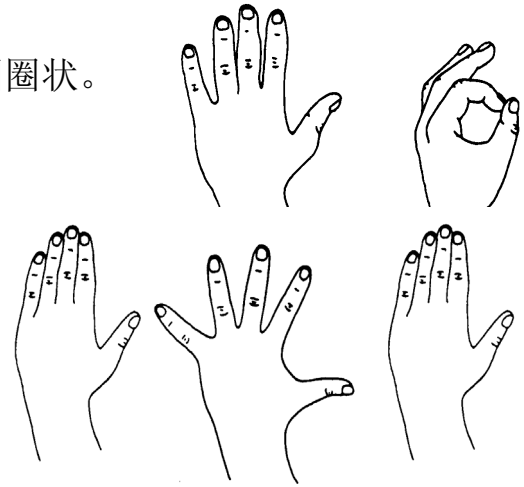
- Touch thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



- 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.



- 用拇指触碰指尖，一次碰一个指尖，作圆圈状。碰完每一手指后完全张开手。



- 在桌上撒些婴儿爽身粉，将手放上去。手掌朝下，将手放在桌上。将手指尽量张开，然后再将其并拢。

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