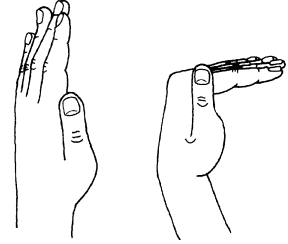


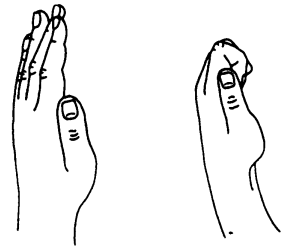
Active Hand Exercises

Repeat these exercises _____ times, _____ times a day

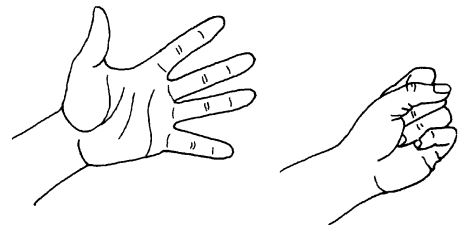
- With your wrists and your fingers straight, bend your fingers at the knuckles.



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



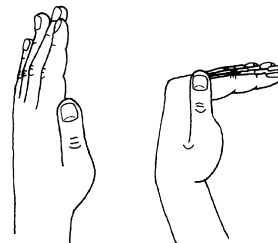
- Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.



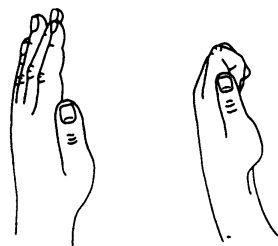
Jimcsiga Gacmaha ee Firfircoon

Ku celi jimisiyadan _____ jeer, _____ jeer maalintii

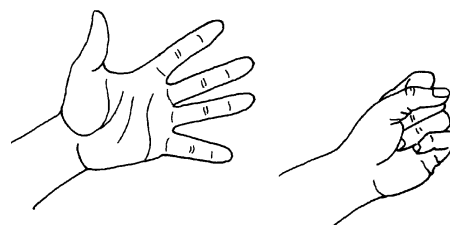
- Curcurka iyo faraha oo toosan, ka qalooci faraha laabatooyinka.



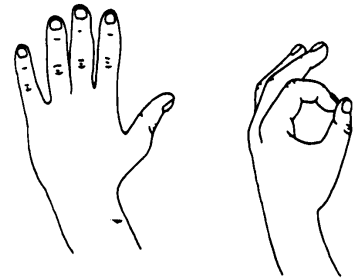
- Ka dhig laabatooyinka iyo curcurka kuwo toosan. Laab oo toosi faraha.



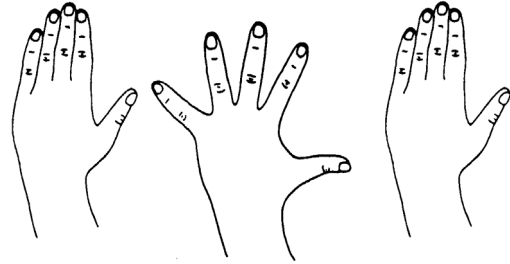
- Ku bilaw faraha oo toosan. Samee tantoomo, adiga oo hubsanaya in laabatada far kastaa ay laabmayso intii suurogal ah. Toosi farahaaga intii suurogal ah.



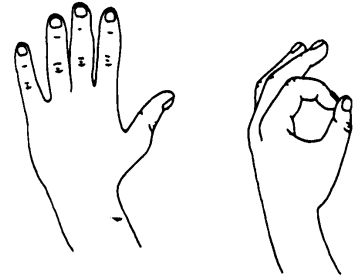
- Touch thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



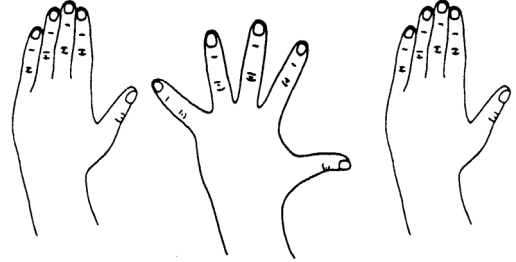
- Spread baby powder on the table under your fingers. Rest your hand on the table with your palm down. Spread your fingers wide apart and then bring them together again.



- Suulka taabsii caarada faraha, adiga oo mid mid u taabsiinaya, oo sameynaya goobo ama wareeg. Si weyn u kala fur gacanta ka dib taabashada far kasta.



- Ku daadi budada ilmaha (boolbaro/bootar) miiska dushiisa meel ka hooseysa farahaaga. Saar gacanta miiska iyada baabacadu hooseeyso. Si weyn u kala fidi farahaaga ka dibna isu keen mar labaad.



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Active Hand Exercises. Somali