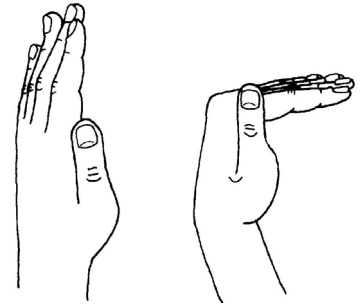


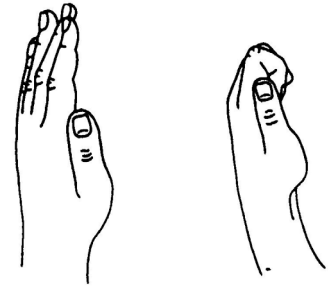
Active Hand Exercises

Repeat these exercises _____ times, _____ times a day.

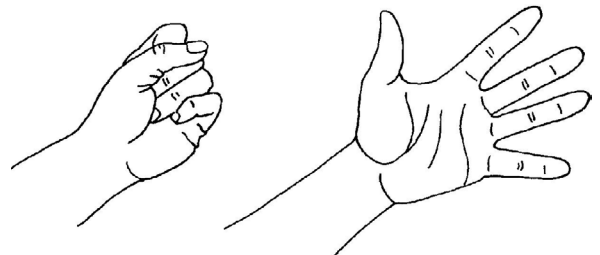
- With your wrists and your fingers straight, bend your fingers at the knuckles.



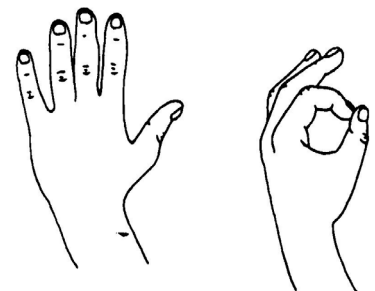
- Keep your knuckles and wrist straight. Bend and straighten your fingers.



- 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 your 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.

