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.

Active Hand Exercises

تمرينات اليد السريعة
• 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.

• قم برش بودرة أطفال فوق المائدة أسفل أصابعك. ضع يدك على المائدة على أن تكون راحة اليد متجهة لأسفل. قم ببسط أصابعك بعيدًا عن بعضها ثم ضمها مرة أخرى.