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.

• 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.

• 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.

• अंगूठे को अपनी उँगलियों के सिरों से, एक-एक करके, एक वृत्त (गोला) बनाते हुए स्पशर्ष बनाएँ। प्रत्येक उँगली का स्पशर्ष बनने के बाद, अपने हाथ को फैलाकर खोल दें।

• मेज पर, अपनी उँगलियों के नीचे, बेबी पाउडर फैला दें। अपनी हथेली नीचे की तरफ रखते हुए, अपना हाथ मेज पर रखें। अपनी उँगलियों को दूर तक फैलाएँ और पुनः पास ले आएँ।


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