

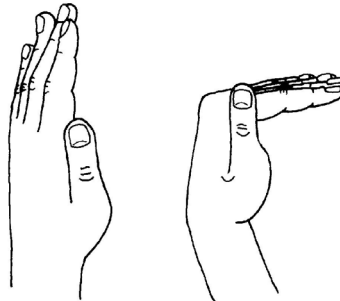
手の運動

Active Hand Exercises

Repeat these exercises _____ times,
_____ times a day.

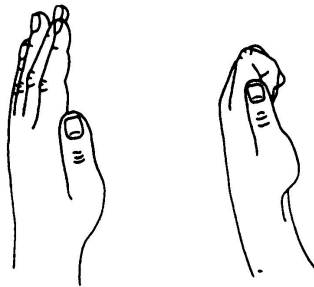
以下の運動を_____回繰返し、毎日_____回
行います。

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



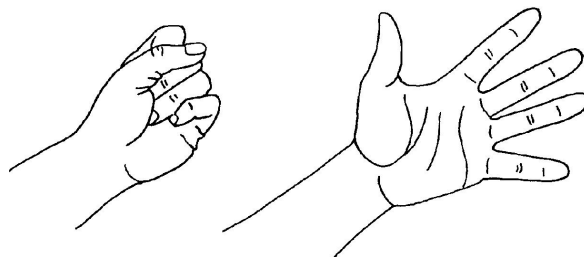
- 手首と指を真っ直ぐ伸ばし、指の付け根部分から指を曲げます。

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



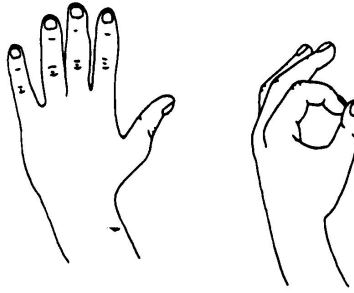
- 指の付け根と手首を真っ直ぐ伸ばして、指を曲げたり伸ばしたりします。

- 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.



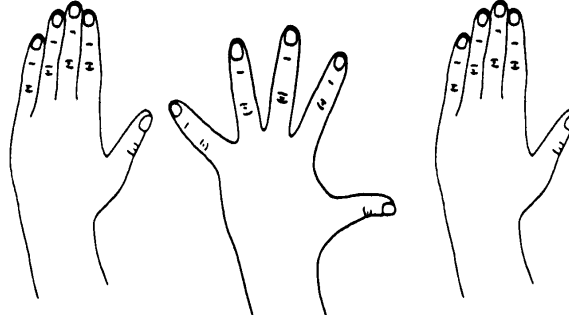
- まず、指を伸ばして広げます。関節をしっかりと曲げてこぶしを作ります。次に、できる限り指を伸ばして広げます。

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



- 指を一本ずつ曲げ、指先を親指に触れさせて輪を作ります。輪を一つ作るごとに手を広げます。

- 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.



- 指の腹を使ってテーブルの上にベビーパウダーを広げます。手のひらを下にしてテーブルに置きます。指をいっぱいに広げたり、閉じたりします。