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.

활발한 손 운동

이 운동을 _____ 번씩, 하루에 _____ 번 반복하십시오.

• 손목과 손가락들을 쪼개고 손가락 관절에서 굽히십시오.

• 손가락 관절과 손목을 쪼개십시오. 손가락을 구부렸다 펴십시오.

• 손가락을 쪼개 피고 시작하십시오. 주먹을 쥐고 각 손가락 관절을 최대한 굽히십시오. 손가락을 최대한 펴십시오.
• 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.