

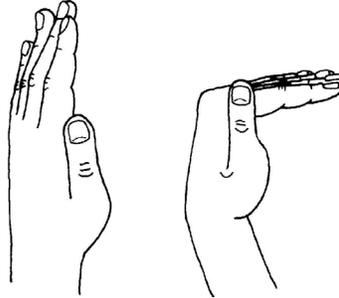
활발한 손 운동

Active Hand Exercises

Repeat these exercises _____ times,
_____ times a day.

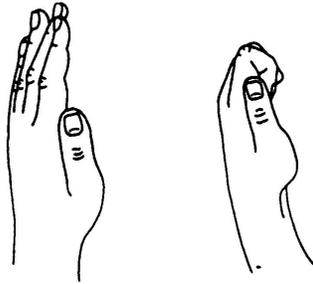
이 운동을 _____ 번씩, 하루에 _____ 번
반복하십시오.

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



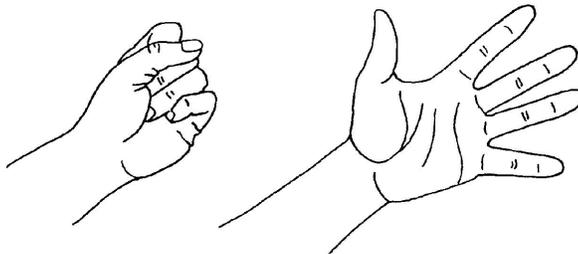
- 손목과 손가락들을 똑 펴시고
손가락 관절에서 굽히십시오.

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



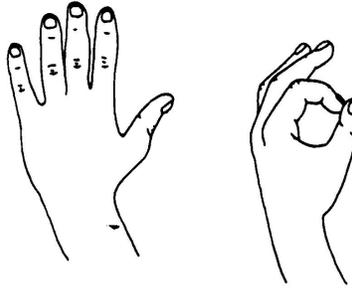
- 손가락 관절과 손목을 똑
펴십시오. 손가락을 구부렸다
펴십시오.

- 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.



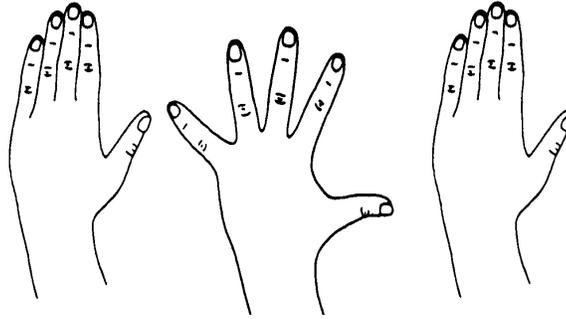
- 손가락을 똑 펴고
시작하십시오. 주먹을
쥐고 각 손가락 관절을
최대한 굽히십시오.
손가락을 최대한
펴십시오.

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



- 엄지 손가락과 각 손가락 끝을 한번씩 닿게 하십시오. 각 손가락을 터치한 후 손을 넓게 펴십시오.

- 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.



- 테이블에 베이비 파우더를 손가락 아래 뿌리십시오. 손바닥을 아래로 손을 테이블에 올려 놓으십시오. 손가락을 짝 펴시고 다시 모으십시오.