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.

- Appeana नाडी र ऑलाहरू सोझो राख्नुहोस्, ऑलाहरू जोरीहरुबाट ऑलाहरू बन्द गर्छौ।

- आफ्नो ऑलाहरूलाई जोरीहरु र नाडीलाई सोझो राख्नुहोस्। आफ्नो ऑलाहरूलाई बन्दरुहरूसँग खोलेर सोझो पानुहोस्।

- आफ्नो नाडी र ऑलाहरू सोझो राख्नुहोस्, ऑलाहरू जोरीहरुबाट ऑलाहरू बन्द गर्छौ।

- आफ्नो ऑलाहरूलाई जोरीहरु र नाडीलाई सोझो राख्नुहोस्। आफ्नो ऑलाहरूलाई बन्दरुहरूसँग खोलेर सोझो पानुहोस्।
• 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.