Jimicsiga Gacanta Firfircoon

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.

Ku celi jimicsiyadaan _____ jeer, _____ jeer maalintii.

- Iyo curcurkaaga iyo farahaaga si toosan, ku qalooci farahaaga ee kalaggoyska.
- Ku haay kalagoyskaaga iyo cucurka si toosan. Qalooci oo toosi farahaaga.
- Ku bilow farahaaga oo toosan. Faraha isku laab, hubitaanka in xubin walba ee farta ay u qaloocsantahay sida badan oo suurtogalka ah. Toosi farahaaga sida badan oo suurtogalka ah.
• Touch your thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.

• Taabo suulka ee fiida farahaaga, hal markiiba, wareeg sameynayo. Si furan ufur gacmahaaga kadib taabshada far walba.

• 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.

• Ku daadi bowdharka ilmaha miiska ka hooseeyo fartaada. Ku nasi gacantaada miiska ee calaancashaada hoos taalo. U kala bixi farahaaga si kala baxsan oo qeyb ah kadibna usu keen markale.