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.

手部主動練習

Active Hand Exercises

重複這些練習_____次，每天_______次。

• 將手腕和手指伸直，在關節處彎曲手指。

• 保持關節和手腕伸直。彎曲再伸直手指。

• 先伸直五根手指。握拳，每根指關節一定要儘量彎曲。然後儘量伸直手指。
• 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.

• 用拇指触碰指尖，一次碰一个指尖，作圆圈状。碰完每根手指后完全张开手。

• 在桌上撒些婴儿爽身粉，将手指放上去。手掌朝下，将手放在桌上。将手指尽量张开，然后再併攏。