

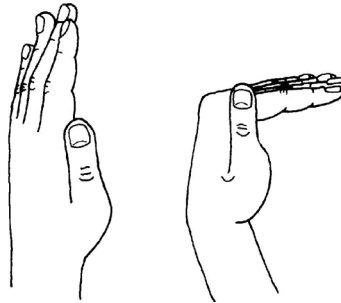
手部主動練習

Active Hand Exercises

Repeat these exercises _____ times,
_____ times a day.

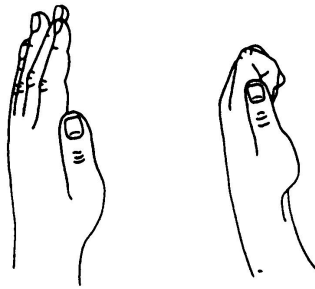
重複這些練習_____次，每天_____次。

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



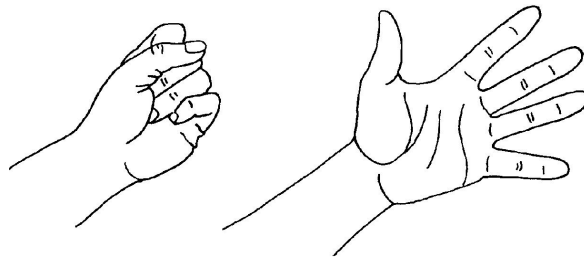
- 將手腕和手指伸直，在關節處彎曲手指。

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



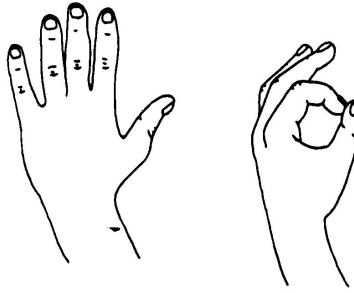
- 保持關節和手腕伸直。彎曲再伸直手指。

- 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.



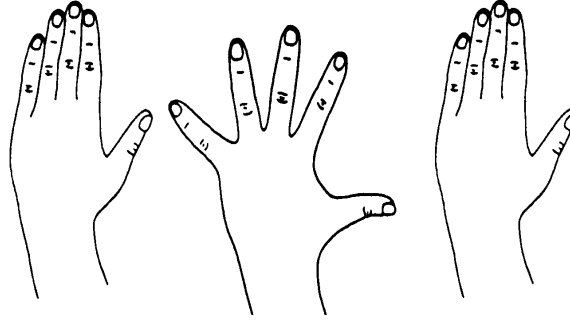
- 先伸直五根手指。握拳，每根指關節一定要儘量彎曲。然後儘量伸直手指。

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



- 用拇指觸碰指尖，一次碰一個指尖，作圓圈狀。碰完每根手指後完全張開手。

- 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.



- 在桌上撒些嬰兒爽身粉，將手指放上去。手掌朝下，將手放在桌上。將手指儘量張開，然後再併攏。