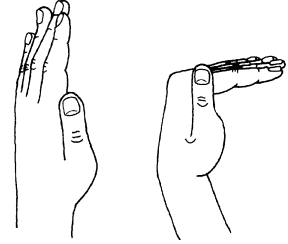


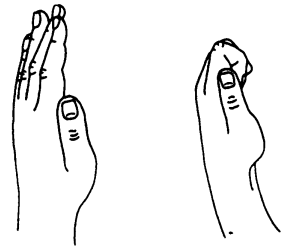
Active Hand Exercises

Repeat these exercises _____ times, _____ times a day

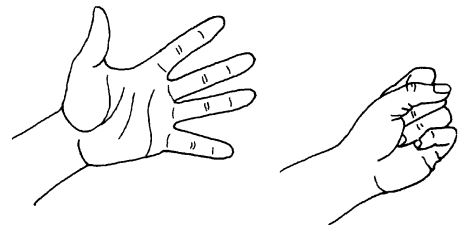
- With your wrists and your fingers straight, bend your fingers at the knuckles.



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



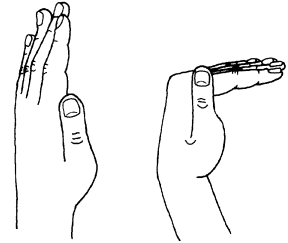
- Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.



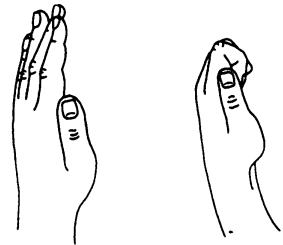
활발한 손 운동

이 운동을 _____ 번씩, 하루에 _____ 번 반복하십시오.

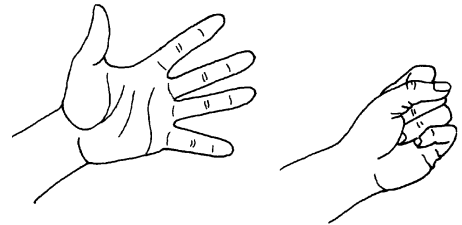
- 손목과 손가락들을 쪽 펴시고 손가락 관절에서 굽히십시오.



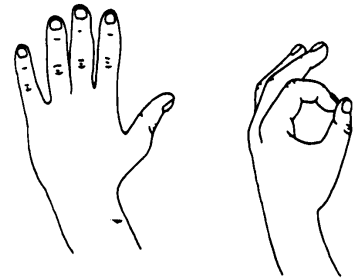
- 손가락 관절과 손목을 쪽 펴십시오. 손가락을 구부렸다 펴십시오.



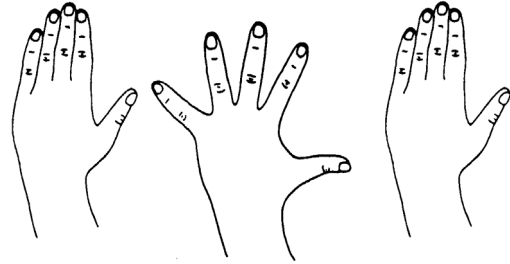
- 손가락을 쪽 펴고 시작하십시오. 주먹을 쥐고 각 손가락 관절을 최대한 굽히십시오. 손가락을 최대한 펴십시오.



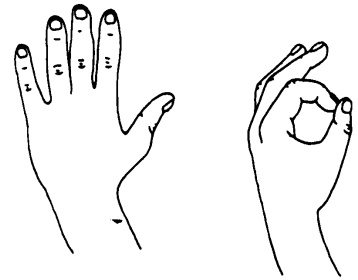
- Touch thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



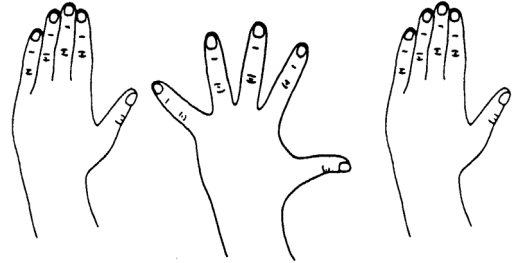
- Spread baby powder on the table under your fingers. Rest your hand on the table with your palm down. Spread your fingers wide apart and then bring them together again.



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



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



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