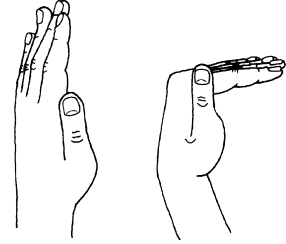


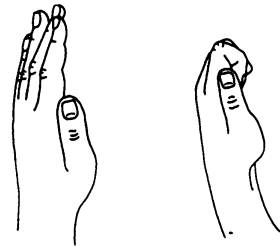
Active Hand Exercises

Repeat these exercises _____ times, _____ times a day

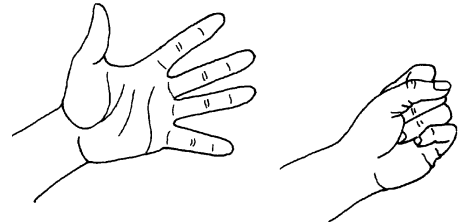
- With your wrists and your fingers straight, bend your fingers at the knuckles.



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



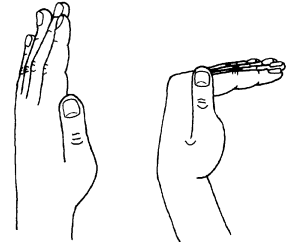
- Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.



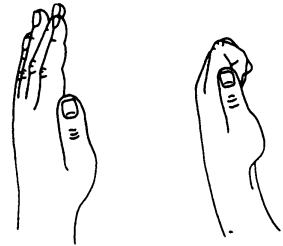
積極的手部練習

重複這些練習_____次，一天_____次。

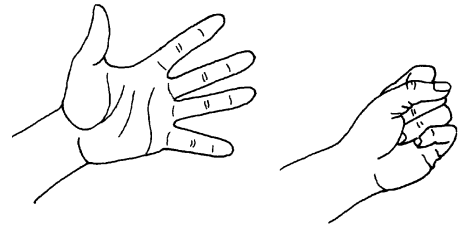
- 將手腕和手指伸直，在關節處彎曲手指。



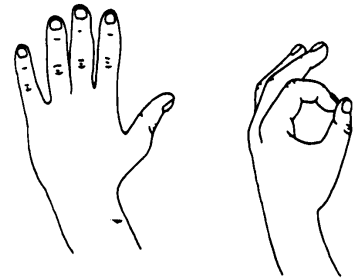
- 將關節和手腕保持伸直。彎曲再伸直手指。



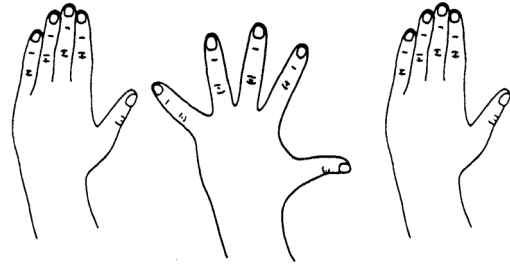
- 先伸直五個手指。再握拳，每一指關節一定要儘量地彎曲。再儘量伸直手指。



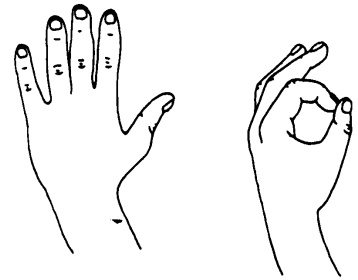
- Touch thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



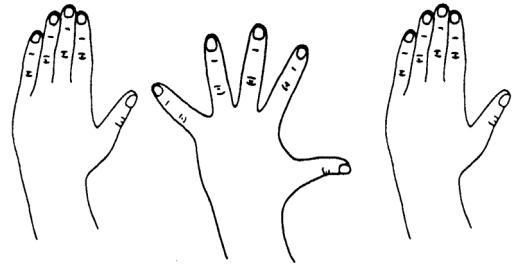
- Spread baby powder on the table under your fingers. Rest your hand on the table with your palm down. Spread your fingers wide apart and then bring them together again.



- 用拇指觸碰指尖，一次碰一個指尖，作圓圈狀。碰完每一手指後完全張開手。



- 在桌上撒些嬰兒爽身粉，將手放上去。手掌朝下，將手放在桌上。將手指儘量張開，然後再將其並攏。



1/2007. Developed through a partnership of Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.