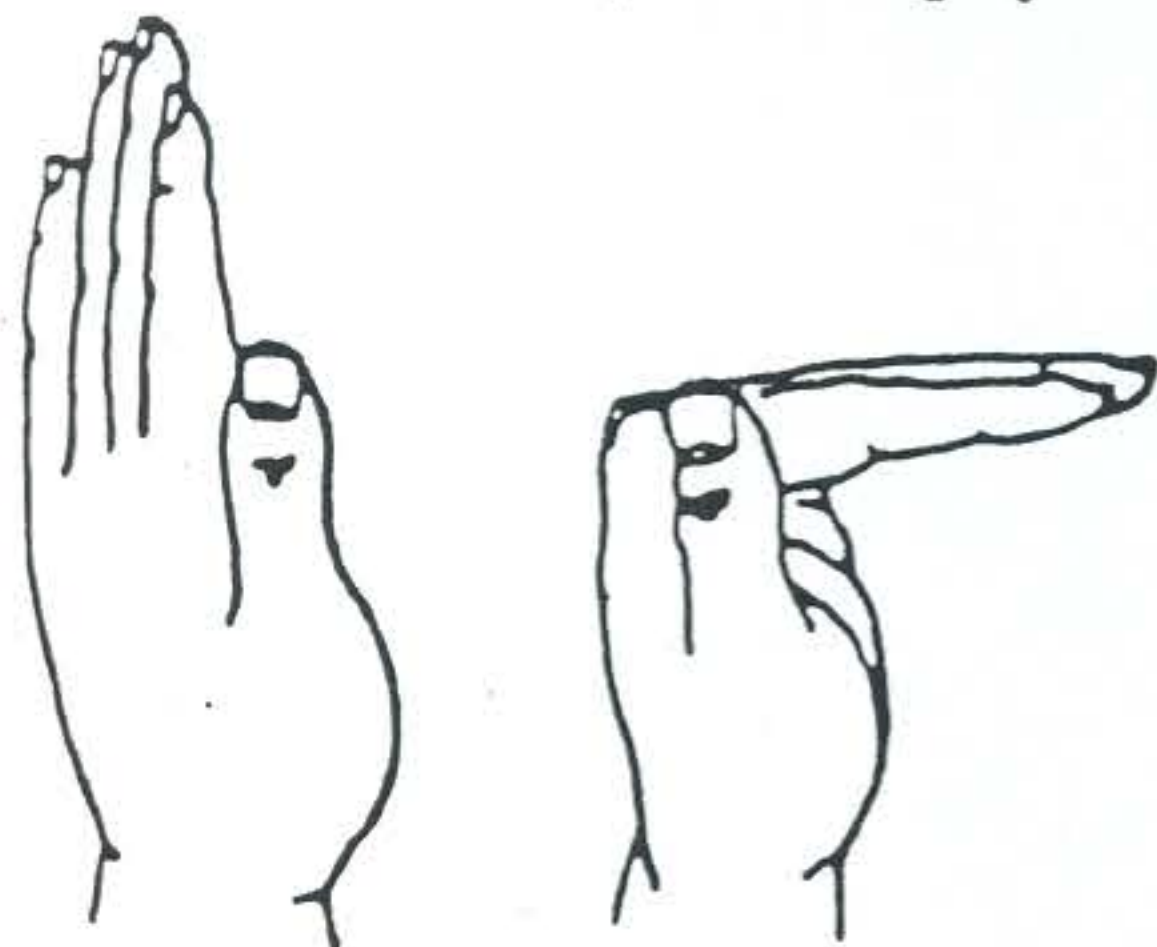
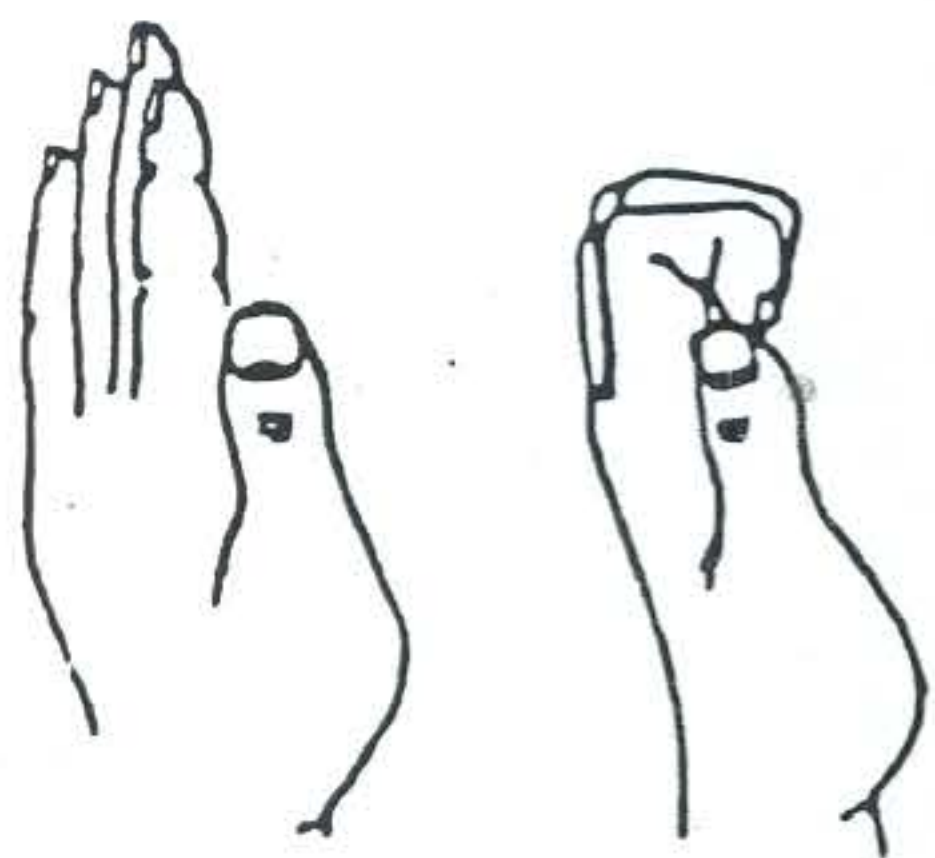


ACTIVE HAND EXERCISES (SIX PACK)

These directions are intended for home treatment and not as a prescription for use by a professional occupational/physical therapist. Repeat each exercise _____ times.



1. Make a tabletop with fingers by keeping the wrist and the end and middle joints of the fingers straight and bending only at base joints (knuckles). Relax and repeat.



2. Keep base joints (knuckles) and wrist straight; bend and straighten the end and middle joints of the fingers. Relax and repeat.



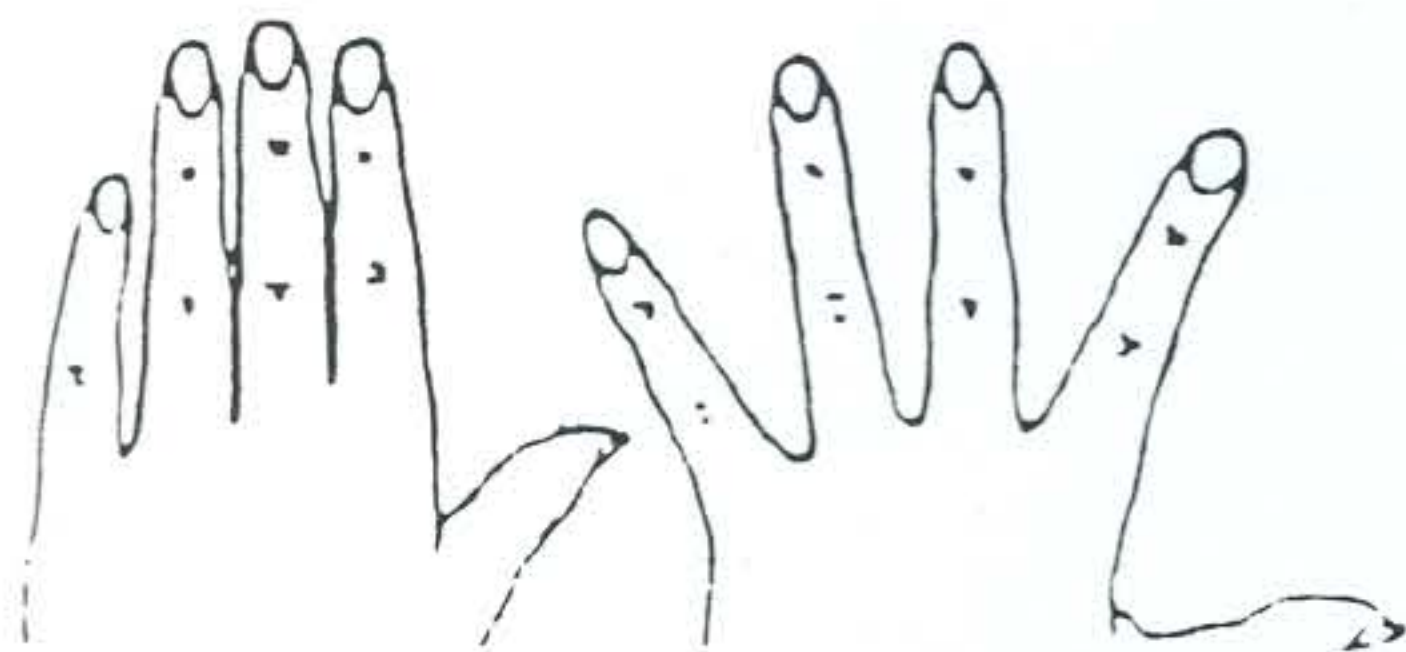
3. Make a fist, being sure each joint is bending as much as possible. Relax.



4. Straighten fingers as much as possible. Relax and repeat.



5. Make an "O" by touching thumb to fingertips one at a time. Open hand wide after touching each finger. Relax and repeat.



6. Rest hand on table with palm down. Spread fingers wide apart and bring them together. Relax and repeat.