
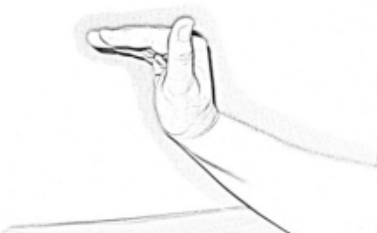
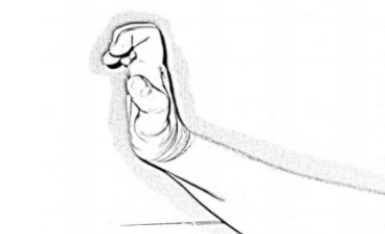

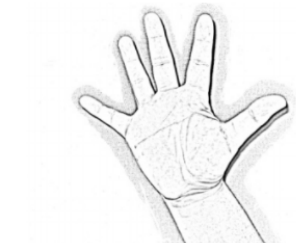


ACTIVE HAND EXERCISES

These exercises are to be done 3-4 times a day, 10 times each, as best as you can.

<p>1) Straighten your fingers as much as possible.</p>	
<p>2) Make a tabletop with your fingers by keeping your wrist and fingers straight, only bend at the knuckles.</p>	
<p>3) Keep your knuckles and wrist straight. Bend and straighten your fingers.</p>	
<p>4) Make a fist, being sure each joint is bending as much as possible. Use your other hand if needed to push your injured hand into a fist.</p>	
<p>5) Open and close your fingers as much as possible, keeping them straight.</p>	
<p>6) Make an "O" by touching your thumb to fingertips, one at a time. Open your hand wide after touching each finger.</p>	