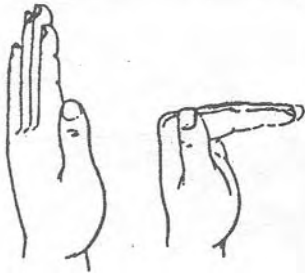


## **ACTIVE HAND EXERCISES**

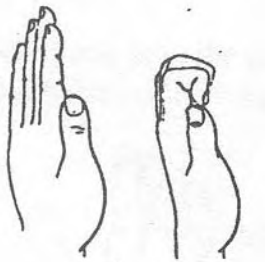
### **CLAW EXERCISES**

Rest your arm comfortably on a table while doing the below exercises. All exercises should be done slowly and smoothly. Maintain the desired position for 3 seconds before relaxing.

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.



2. Make a fist, then straighten only the base joints. Relax and repeat.

