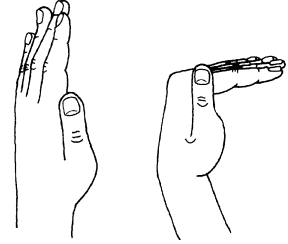


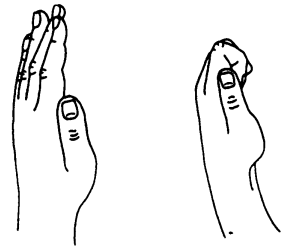
Active Hand Exercises

Repeat these exercises _____ times, _____ times a day

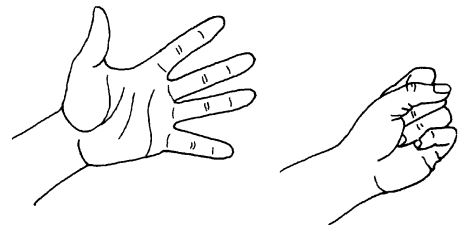
- With your wrists and your fingers straight, bend your fingers at the knuckles.



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



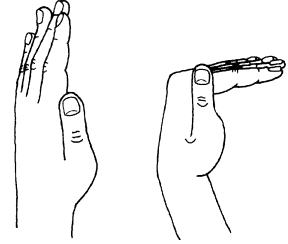
- Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers as much as possible.



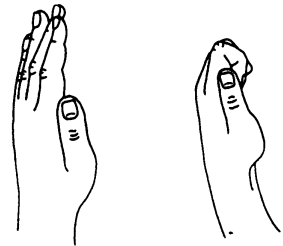
Exercices d'activité pour les mains

Répéter ces exercices _____ fois, _____ fois par jour

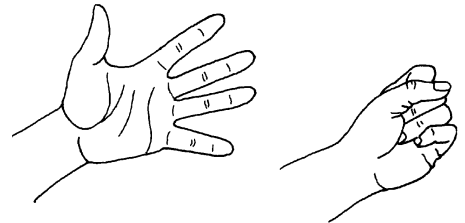
- Maintenez votre poignet et votre main en position droite, pliez vos doigts au niveau des articulations.



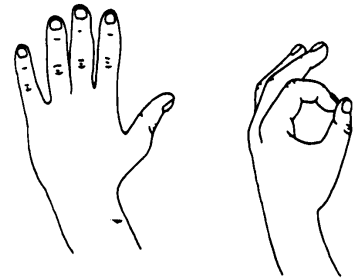
- Maintenez vos articulations et votre poignet en position droite. Pliez et dépliez vos doigts.



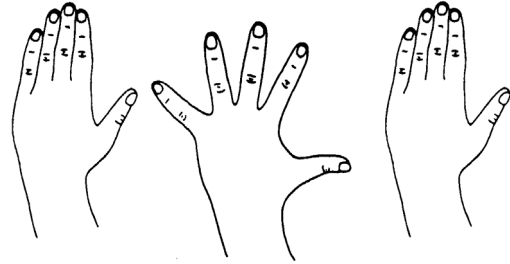
- Commencez par écarter vos doigts sans les plier. Serrez le poing, en vous assurant que toutes les articulations de vos doigts soient pliées au maximum. Écartez vos doigts au maximum.



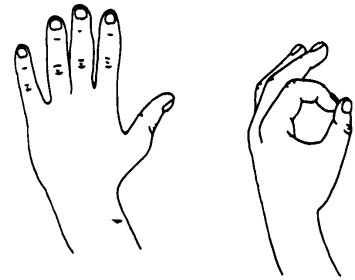
- Touch thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.



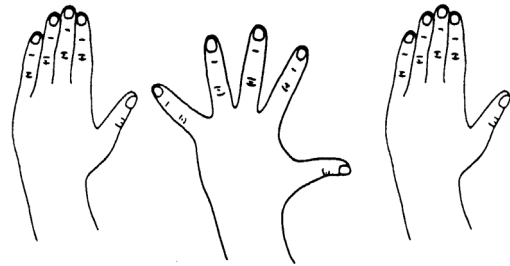
- Spread baby powder on the table under your fingers. Rest your hand on the table with your palm down. Spread your fingers wide apart and then bring them together again.



- Touchez votre pouce avec le bout de vos doigts, en faisant un cercle. Ouvrez la main après avoir touché chaque doigt.



- Étalez du talc sur la table sous vos doigts. Posez la main sur la table, paume vers le bas. Écartez vos doigts au maximum puis resserrez-les les uns contre les autres.



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