

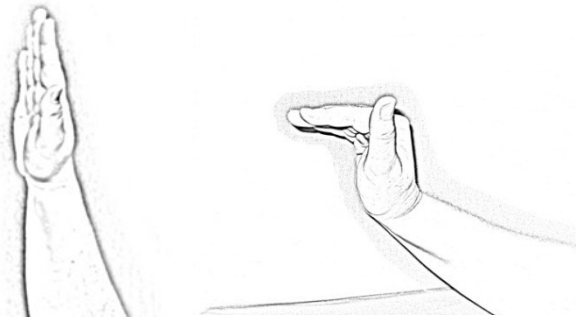


**VSON | ALPINE**  
ORTHOPAEDICS & NEUROSURGERY

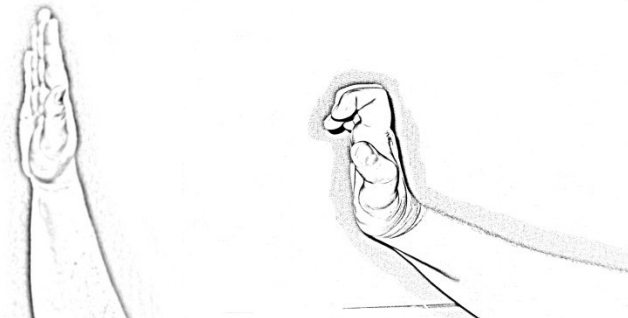
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## ACTIVE HAND EXERCISES “6 PACK”

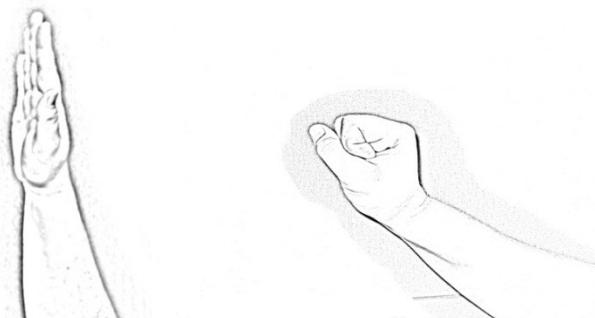
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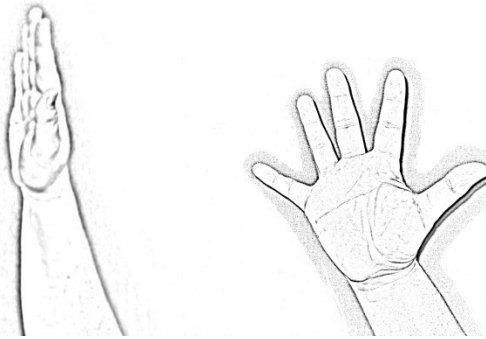
1. **STRAIGHT:** straighten your fingers as much as possible.
2. **TABLETOP:** Make a tabletop with your fingers by keeping your wrists and your fingers straight. Bend ONLY at the knuckles.



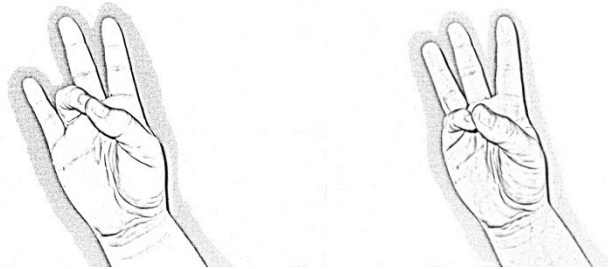
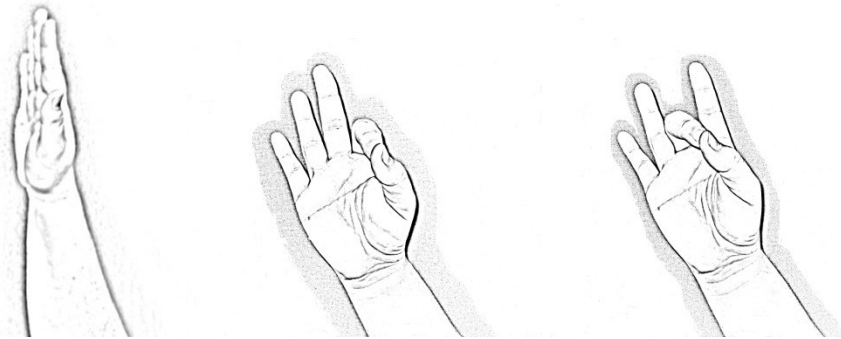
3. **HOOK:** Keep your knuckles and wrist straight. Bend and straighten your fingers. (As if reaching for your rings).



4. **FIST:** Make a fist, being sure each joint is bending as much as possible.



5. **OPEN AND CLOSE:** Straighten your fingers as much as possible.



6. **THUMB TO TIP:** Make an "O" by touching your thumb to your fingertips, one at a time. Open your hand wide after touching each finger.

Do these exercises \_\_\_ times for \_\_\_ times a day.