

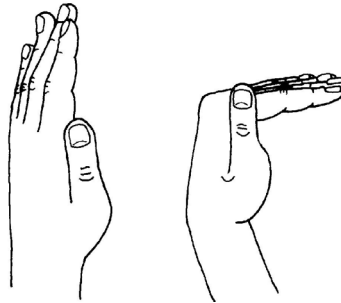
# 主动手部练习

## Active Hand Exercises

Repeat these exercises \_\_\_\_\_ times,  
\_\_\_\_\_ times a day.

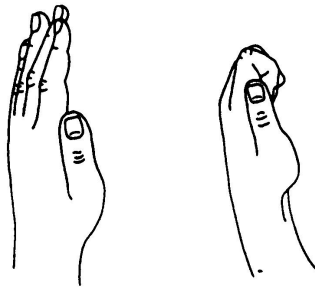
重复这些练习\_\_\_\_\_次，每天\_\_\_\_\_次

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



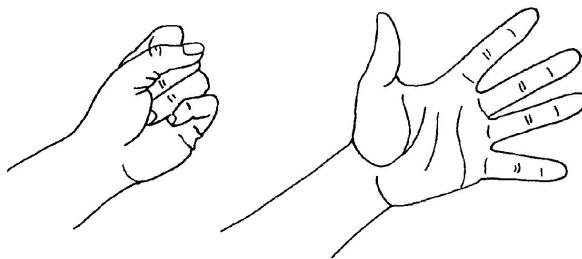
- 将手腕和手指伸直，在指关节处弯曲手指。

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



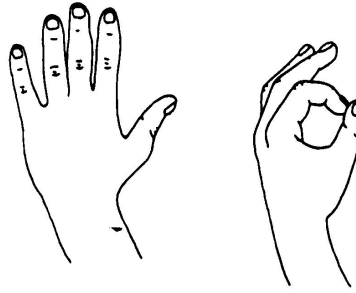
- 保持指关节和手腕伸直。弯曲并伸直手指。

- 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.



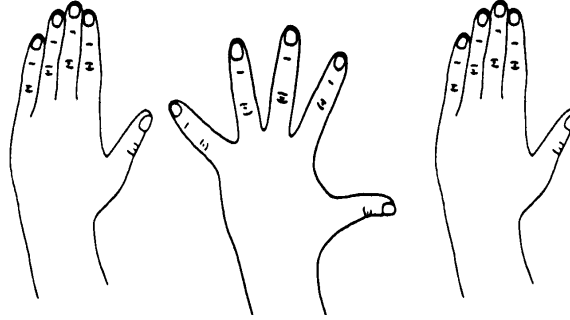
- 先伸直五根手指。握拳，每个指关节务必尽量弯曲。然后尽量伸直手指。

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



- 用拇指触碰指尖，每次触碰一个指尖，呈圆圈状。触碰完每根手指后完全张开手。

- 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.



- 在桌上撒些婴儿爽身粉，将手指放上去。将手放在桌上，手掌朝下。手指尽量张开，然后再并拢。