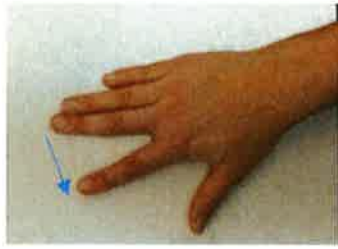


5. Rest hand on table with palm down and wrist in a neutral position. Move each finger toward thumb starting with the index finger. Relax fingers. Then move each finger away from thumb beginning with the little finger. (Over and back is considered 1 repetition) Relax and repeat 10 times.



6. Keeping the wrist in a neutral position, make an "O" by touching thumb to fingertips one at a time. Open hand wide after touching each finger. (Over and back is considered 1 repetition). Relax and repeat 10 times.



7. Rest hand on table with palm down and wrist in a neutral position. Starting with the index finger alternating through the fingers, raise and lower fingers one by one. (Over and back is considered 1 repetition) Relax and repeat 10 times.



8. Wand Exercise: Laying down on your bed or sitting in a straight back chair, grasp a broomstick or yardstick in both hands. Keep elbows straight and raise forward and up past your head as far as you can without severe pain. Then lower back to starting position. Relax and repeat 10 times.

