

Finger Stretching Exercises



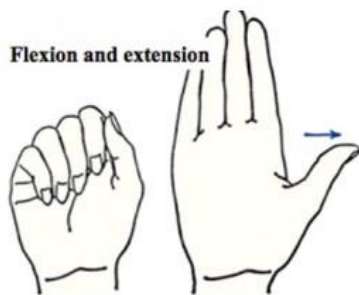
Exercise #1

Touch the finger tips to the base of each finger. "Curl" and straighten.



Exercise #2

Bend at the knuckles, keeping fingers straight. Then bend at the middle joint and hold. Next, straighten the fingers to the starting position.



Flexion and extension

Exercise #3

Spread fingers apart and then back together. Then make a fist and straighten.



Exercise #4

Touch the thumb to the tip of each finger. After touching the little finger, slide down to the base of the little finger.



Exercise #5

With palm on the table, lift each finger one at a time.