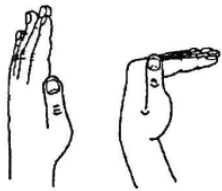
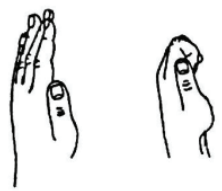


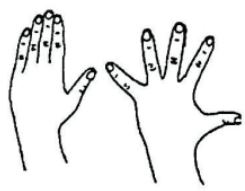


SIX PACK FINGER EXERCISES

These 6 exercises permit all the major thumb and finger joints to gradually regain their full range of motion by employing the muscle groups involved.

Perform six repetitions of each exercise with the whole group performed 6-8 times per day.

	<p>1) Imaginary Tabletop. Make a tabletop with your fingers by keeping your wrists and your fingers straight. Bend only at the knuckles.</p>
	<p>2) Knuckle Bend. Keep your knuckles and wrist straight. Bend and straighten your fingers.</p>
	<p>3) Make a Fist. Make a fist, being sure each joint is bending as much as possible.</p>
<p>4) Straighten your fingers as much as possible</p>	
	<p>5) Make "O's". Make an "O" by touching your thumb to your fingertips, one at a time. Open your hand wide after touching each finger.</p>
	<p>6) Table Spread. Rest your hand on the table with the palm down. Spread your fingers wide apart and bring them together again.</p>