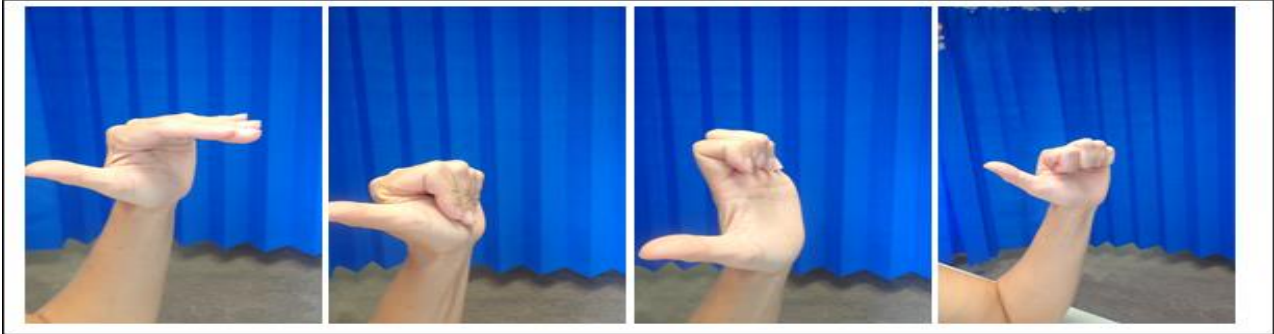
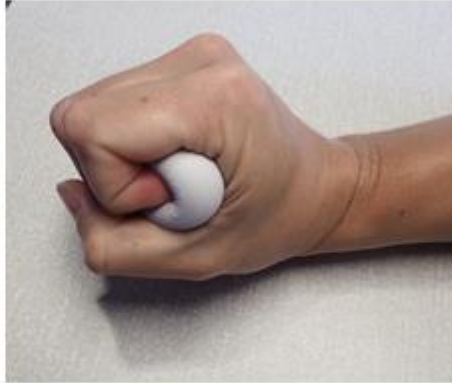


Hand exercises:



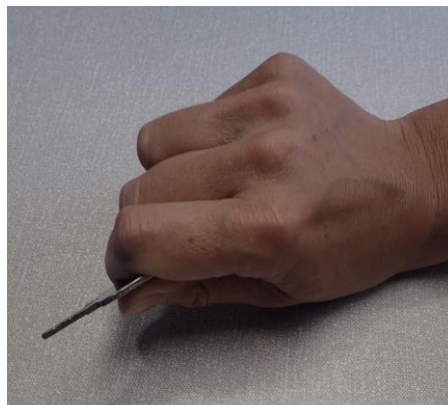
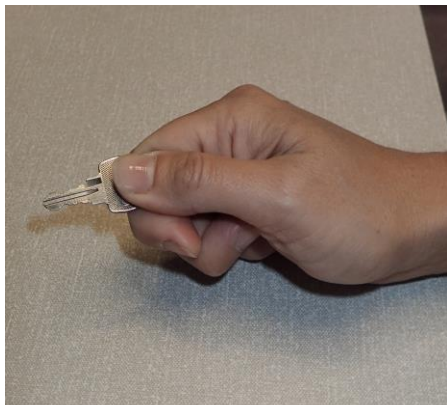
Bend and straighten all the joints in your fingers as shown.
Do not force the movement, work within your limits. Repeat five times.

Stage 2 exercises (after 3 weeks)

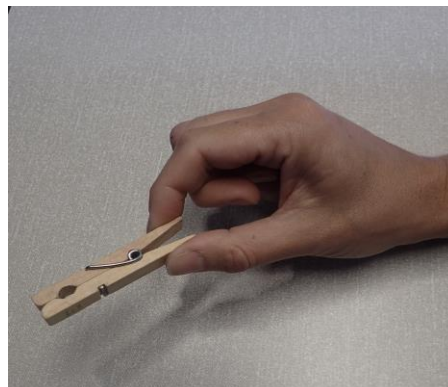
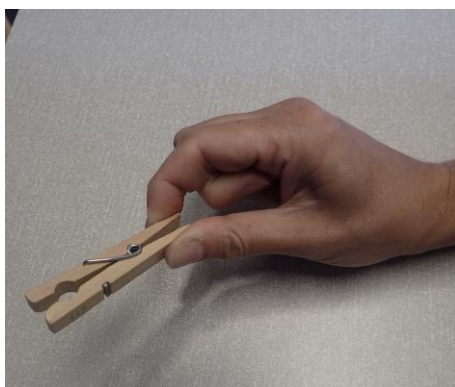


Squeeze a soft ball, playdough, plastic bottle or similar item.

Do this for 30 to 60 seconds.



Practise hand movements, here are some examples; turning keys, picking up small objects, doing crafts or anything that involves using your hands.



Practise your pinch grip; squeeze objects such as clothes pegs.