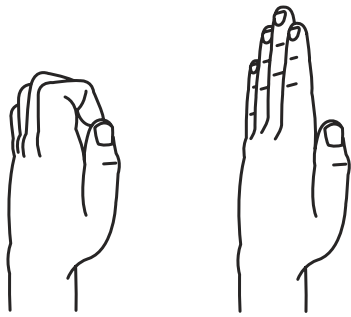


1. Straight



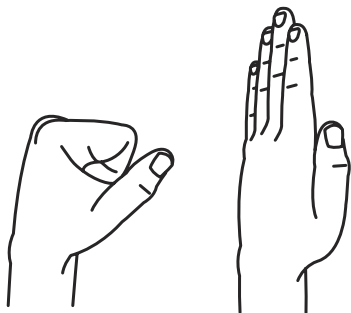
- ▶ Start with your wrist, knuckles and fingers straight.

2. Hook



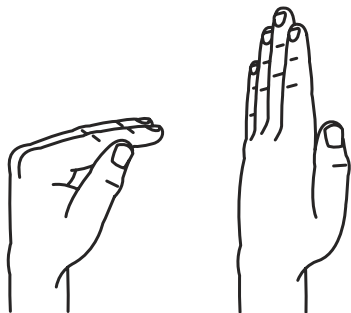
- ▶ Make a hook with your fingers but keep your knuckles straight.
- ▶ Hold for 2 seconds.
- ▶ Then straighten your fingers.
- ▶ Repeat times.

3. Fist



- ▶ Make a fist by bending your fingers and your knuckles.
- ▶ Hold for 2 seconds.
- ▶ Then straighten your fingers and knuckles.
- ▶ Repeat times.

4. Flat



- ▶ Bend your knuckles but keep your fingers straight.
- ▶ Hold for 2 seconds.
- ▶ Then straighten your fingers and knuckles.
- ▶ Repeat times.

Name of Therapist:

Phone:

Please contact your occupational therapist if you have any queries about the above information.