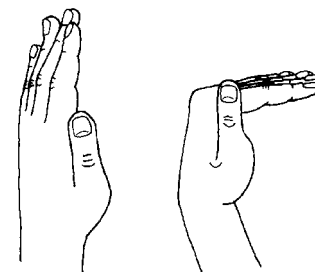


Six Pack Active Hand Exercises

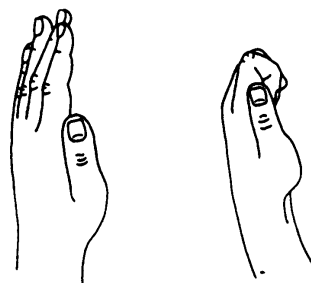


Repeat these exercises _____ times for _____ times a day.

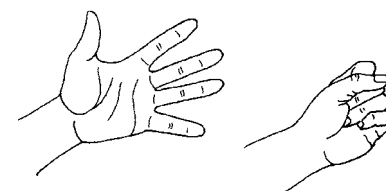
1. Make a tabletop with your fingers by keeping your wrists and your fingers straight. Bend only at the knuckles.



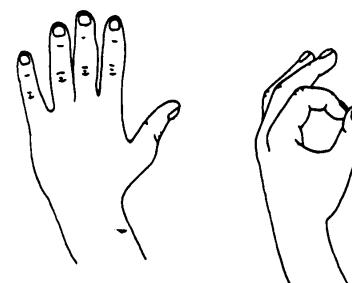
2. Keep your knuckles and wrist straight. Bend and straighten your fingers.



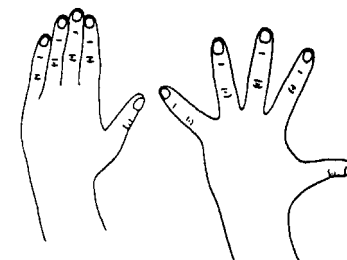
3. Make a fist, being sure each joint is bending as much as possible.



4. Straighten your fingers as much as possible.



5. Make an "O" by touching your thumb to your fingertips, one at a time. Open your hand wide after touching each finger.



6. Spread baby powder on the table under your fingers. Rest your hand on the table with the palm down. Spread your fingers wide apart and bring them together again.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.