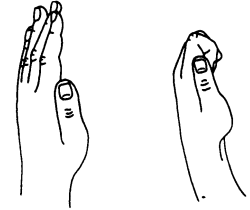


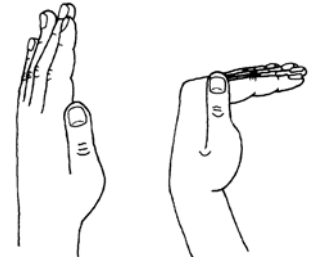
Six Pack Active Hand Exercises

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.



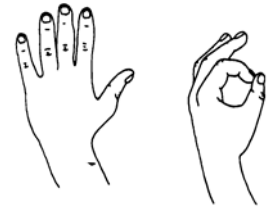
3. Make a fist, being sure each joint is bending as much as possible.



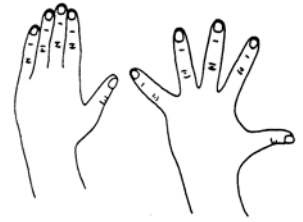
4. Straighten your fingers as much as possible.

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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.



- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**