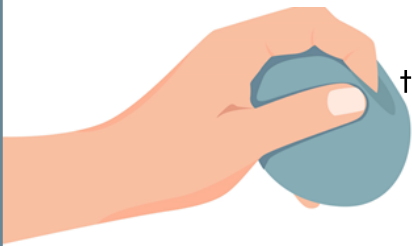


Flexing your fingers creates heat and stimulates the production of the synovial fluid in your joints, keeping them limber. Flexing can strengthen your hands and fingers and can also help to relieve pain.

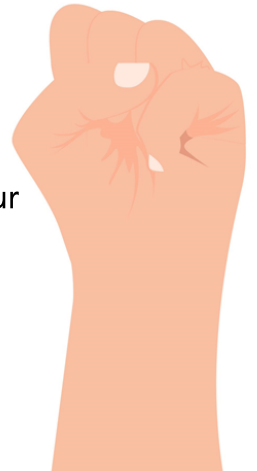
Main Squeeze 1

Squeezing a ball strengthens the grip, but pinching it between your fingertips makes threading a needle much easier. Hold 30-60 sec Release



2 Make a Fist

Start with fingers straight, make a soft fist, with your thumb on the outside of your hand. Release and spread your fingers wide.



Thumbellina 3

Bend your thumb toward your palm, bend over to the pinky or wherever you can hold rest and repeat.



4 Finger Raise

Finger lift or finger press. With palm flat on the table, fingers spread, lift each slowly off the table; return each finger before raising the next one.



The Claw 5

Begin with hand facing the body. Bend fingertips in towards the pads of your hand. Thumb is tucked in. Turns hand into a claw shape. Hold 30-60 sec release.



6 A Okay

Move each finger slowly towards the center of your palm. hold straighten and move on to the next one.

