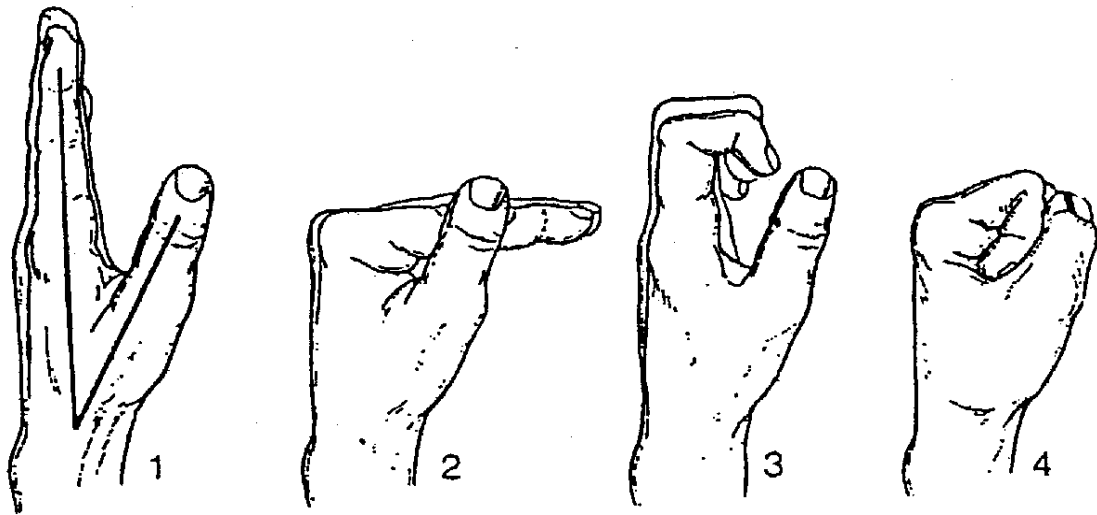


# Active Finger Exercises – '6' Pack

Do \_\_\_\_\_ sessions per day.

Repeat each exercise \_\_\_\_\_ times.

Hold each position for \_\_\_\_\_ seconds

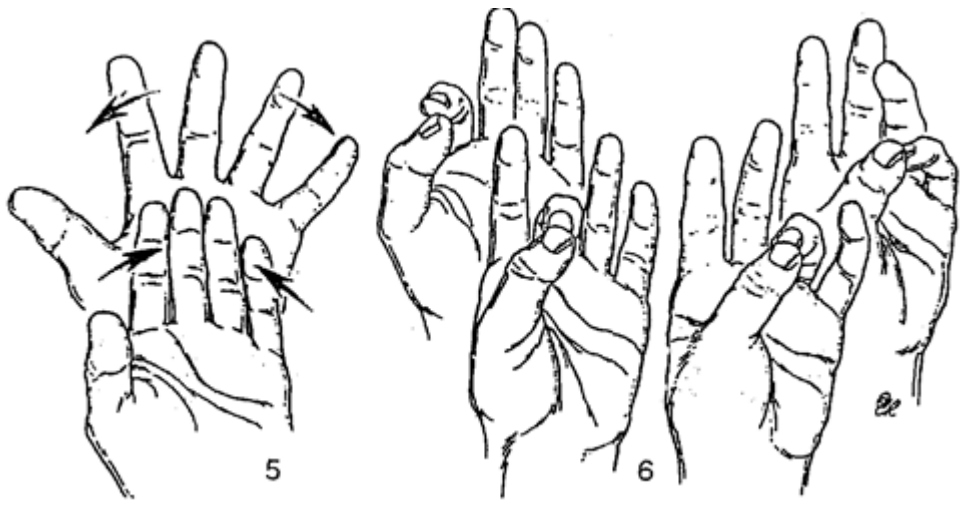


**Straight**

**Tabletop**

**Hook**

**Fist**



**In and Out**

**Touch thumb to each finger.  
Slide down little finger once able.**

Please contact your therapist if you have any queries or concerns.

Therapist: \_\_\_\_\_

Phone: (07) 3646 7100