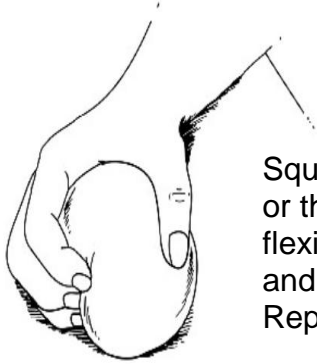


## Strength exercise



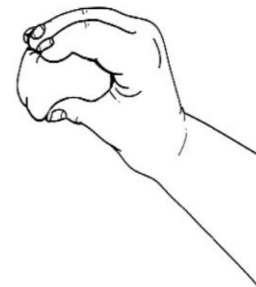
Squeeze the ball or the dough, flexing all fingers and thumb.  
Repeat 10 times



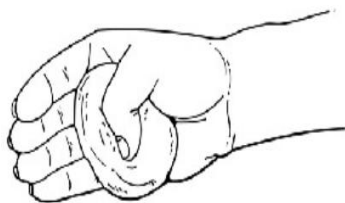
Press the thumb towards the fingers one at the time and try to make circles.  
Repeat 10 times



Press the thumb while holding the ball or dough (key grip)  
Repeat 10 times

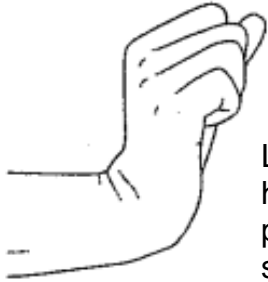


Press the thumb towards the index and middle finger trough the ball or the dough.  
Repeat 10 times



Press the thumb through the ball or dough towards the base of the little finger.  
Repeat 10 times

## Mobility exercise



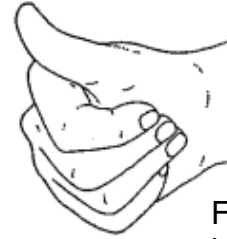
Lift your wrist,  
hold the  
position a few  
seconds.  
Repeat 5 times.

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Flex the finger  
joints.  
Repeat 5 times.

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Flex the finger  
joints.  
Repeat 5 times.

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Make a fist.  
Repeat 5 times.

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Make a circle with the  
thumb and the index  
finger.  
Repeat 5 times.

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Move the thumb in a  
wide circle.  
Repeat 5 times.