1. Start with your fingers and wrist straight every time.
2. Make each type of fist ___5___ times, holding for ___3___ seconds. Or perform in a sequence ___5___ times.
3. Perform these exercises ___5___ times a day.

**FINGER BLOCKING EXERCISES**

1. Support the finger firmly and hold your wrist straight as shown.
2. Bend only the tip of your finger ___5___ times, hold for ___3___ second count.
3. Perform these exercises ___5___ times a day.

1. Support the finger firmly and hold your wrist straight as shown.
2. Bend only the middle knuckle, try to keep the tip relaxed.

   **Bend ___5___ times, hold ___3___ secs.**

3. Perform these exercises ___5___ times a day.