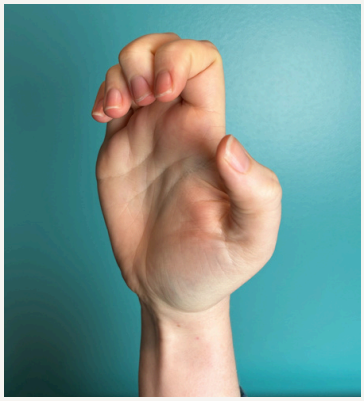
EXERCISES FOR THE AGING HAND

Exercise 01: Active Hook Position

How to:
Curl your fingers into a "hook" shape, where your fingertips bend fully, and your knuckles straighten out. Hold this position, trying to stretch your fingers as much as possible.

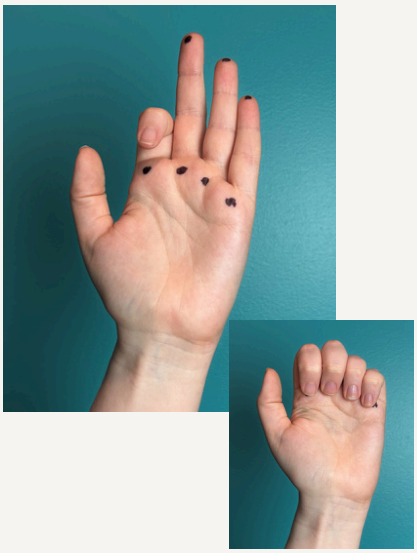
Set/ Frequency:
Hold for 10-15 seconds, repeat 5-10 times, once or twice a day.



Exercise 02: Dot-to-Dot Exercise

How to:
Put a small dot on the tip of each finger and another on the base of each finger. Try to touch the dots together by bending your fingers. This helps your fingers stretch and move more.

Set/ Frequency:
Do it 5-10 times, once or twice a day.



Exercise 03: Isometric Squeezing

How to:
Grab a medium-sized object like a foam roller or a bottle. Squeeze it tightly with your fingers but stop before closing your hand all the way.

Set/ Frequency:
Squeeze for 5-10 seconds, repeat 10-15 times, once or twice a day.

