

Hand Exercises

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Arrow

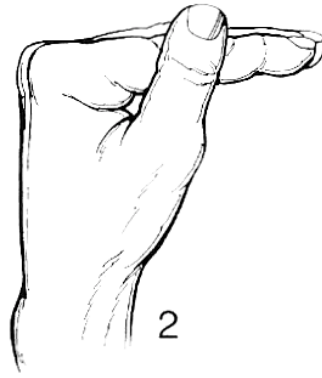


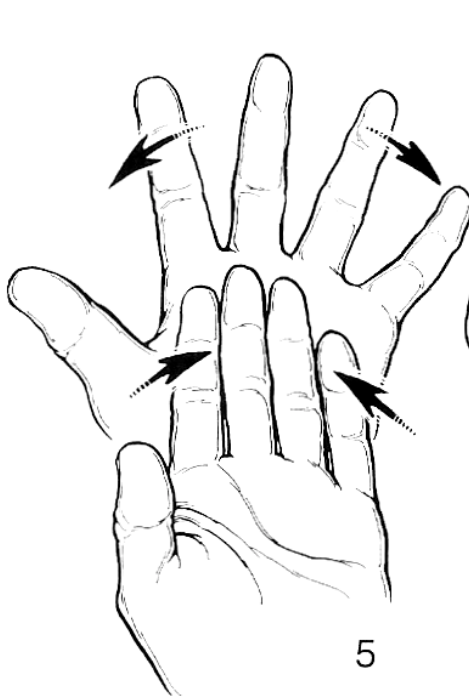
Table-top



Claw



Fist



In-and-Out



Thumb-to-Tip

*Wolfe SW, et al, editors: Green's operative hand surgery, ed 6, Philadelphia, 2011, Churchill Livingstone. Copyright Elizabeth Martin.

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