1. **STRAIGHT**: straighten your fingers as much as possible.
2. **TABLETOP**: Make a tabletop with your fingers by keeping your wrists and your fingers straight. Bend ONLY at the knuckles.

3. **HOOK**: Keep your knuckles and wrist straight. Bend and straighten your fingers. (As if reaching for your rings).
4. **FIST**: Make a fist, being sure each joint is bending as much as possible.

5. **OPEN AND CLOSE**: Straighten your fingers as much as possible.

6. **THUMB TO TIP**: Make an “O” by touching your thumb to your fingertips, one at a time. Open your hand wide after touching each finger.

Do these exercises ___ times for ___ times a day.