

Exercises



WHOLE HAND / STRENGTHENING EXERCISES

1. Grasp the “dino” in the palm of the hand so that the hand is covering the dino. Squeeze and hold. Relax and then repeat 10 times.
2. Grasp the “dino” with the thumb between the legs and fingers spread over the ridges with the palm of the hand facing you. This is “starting position”. Spread fingers over the ridges and lift fingers up and extend. Hold and return to original position. Relax and then repeat 10 times.

FINGER EXERCISES

1. Using the “starting position”, lift each finger individually from the “pointer finger” to the “little Finger” and back. Relax and then repeat 5 times.
2. Grasp the “dino” with the non-dominant hand. With the dominant hand, pinch each ridge with the thumb and each finger – working from “pointer” to “little finger” and back. Relax and then repeat 5 times.

**KEEP ONE IN THE FREEZER FOR COLD THERAPY AND JUST HAVE
PLAIN OLD FUN!!**