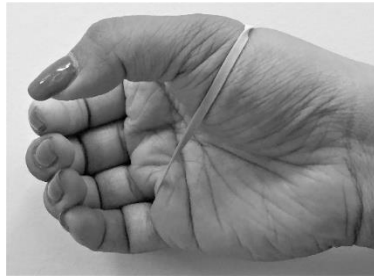




## C



PLACE RUBBER BAND THROUGH 4<sup>TH</sup> WEBSPACE (BETWEEN RING AND PINKY) AND SPAN BASE JOINT OF THUMB



MAKE A "C" AGAINST RUBBER BAND RESISTANCE, MOVING THUMB AWAY FROM PALM **OR** MAKE SMALL CIRCLES IN BOTH DIRECTIONS

## V



PLACE RUBBER BAND AROUND INDEX THROUGH PINKY FINGERS



MOVE INDEX FINGER AWAY FROM MIDDLE FINGER AGAINST RUBBER BAND RESISTANCE

**SLOW AND CONTROLLED**  
**PERFORM 3 SETS OF 10-15 REPS**

