



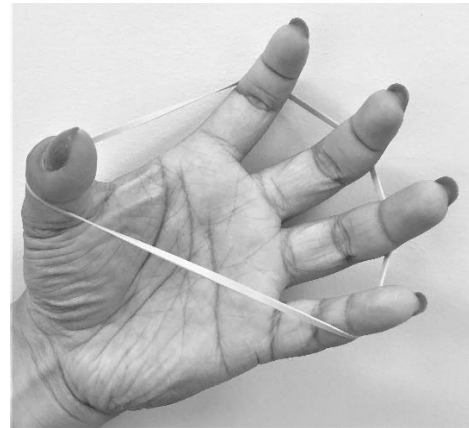
# LANG HAND THERAPY

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## RUBBER BAND EXERCISES

PLACE RUBBER BAND AROUND FINGERTIPS. SPREAD FINGERS WIDE AGAINST RUBBER BAND RESISTANCE



WEAVE RUBBER BAND AROUND INDEX, MIDDLE, RING AND PINKY FINGERS. SPREAD FINGERS APART AGAINST RUBBER BAND RESISTANCE



**PERFORM 3 SETS OF 10-15 REPETITIONS DAILY**