**HAND EXERCISES TO IMPROVE INTRINSIC HAND STRENGTH**

 

1. **Make a Fist (close & open) 2. Finger Stretch (up & down)**

 

 **3. Claw Stretch 4. Arms to the Sky**

  

 **5. Finger Lifts 6. Thumb Extension/Flexion**

  

 **7. Finger to Thumb 8. Prayer Stretch**