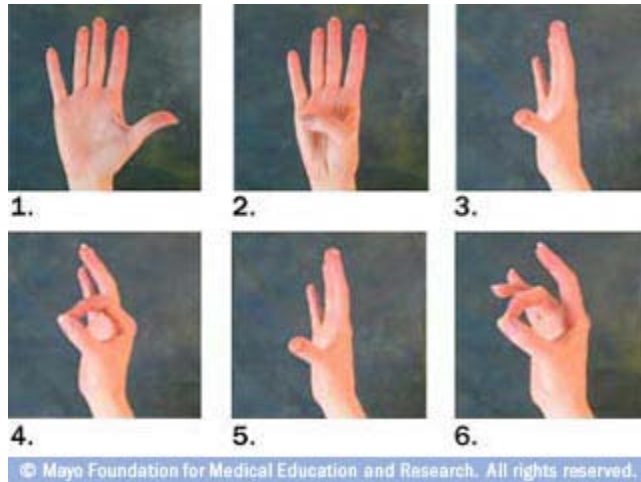
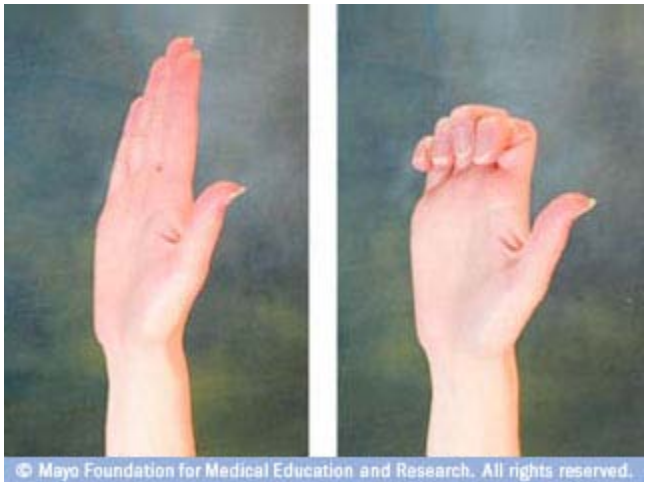


# Mayo Clinic: Hand Exercises for People with Arthritis

Touch your fingertips



Bend your fingers



Make a fist



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Open your hand wide



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Walk your fingers



Step 1



Step 2



Step 3



Step 4

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