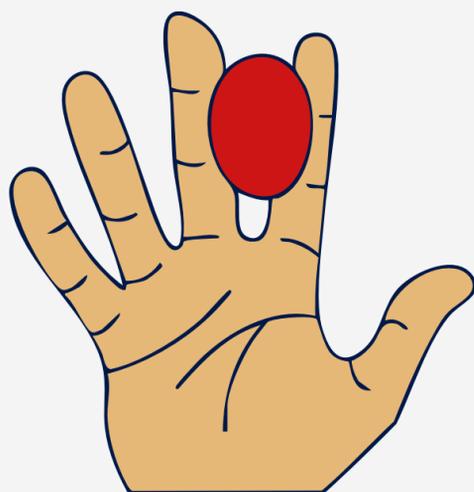


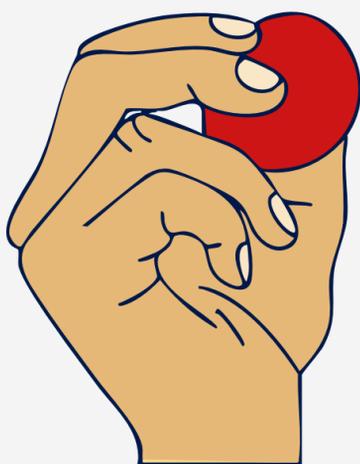
Exercícios

Para dentistas se livrarem das **dores nos punhos**

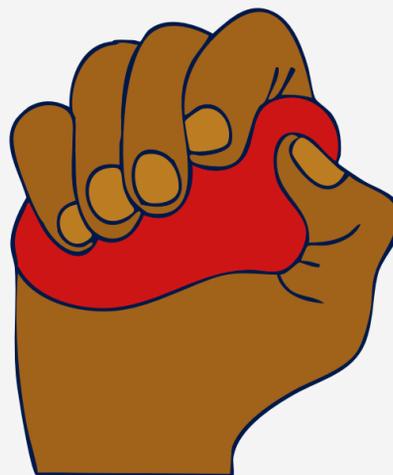
1 Dedos de tesoura



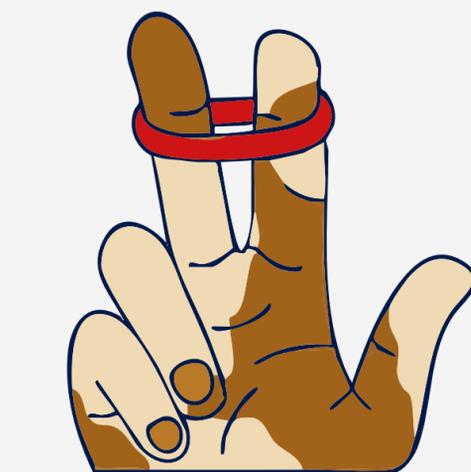
2 Pressão na ponta dos dedos



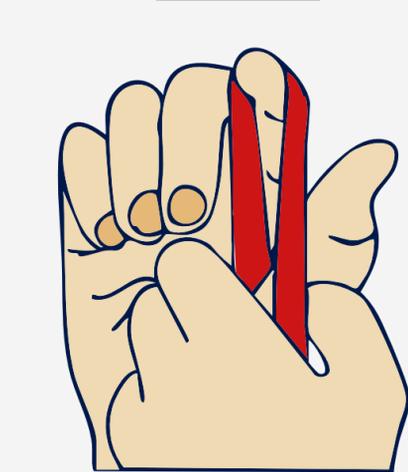
3 Aperto com força



4 Pressão com os dedos retos



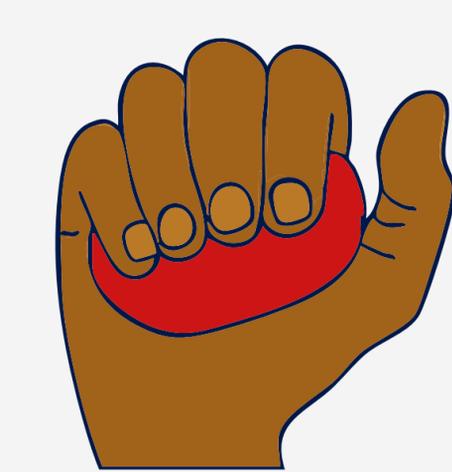
5 Dedos separados



6 Extensão do dedo



7 Dedos esticados/separados



8 Aperto com todos os dedos