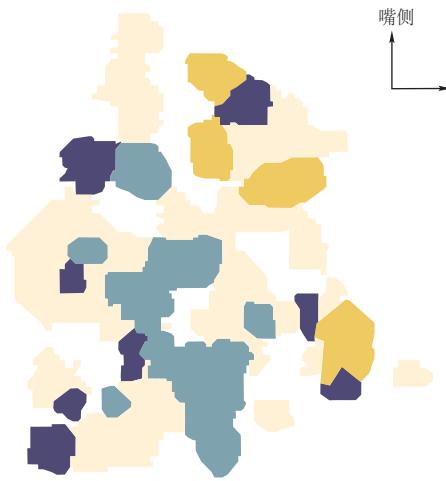
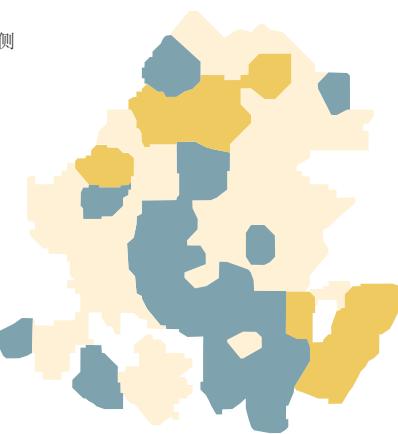


A

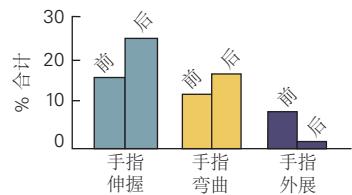
训练前



训练后



手指伸握
手指弯曲
手腕外展
其他远端弯曲



B

