

## Coker Rehab Services

### Coordination Exercises for the Upper Extremities

Do exercises in sitting position. Number of repetitions of the exercise will be indicated by therapist. The exercises should be done slowly in the beginning, increasing speed as coordination improves.

# of Times

Arm

\_\_\_\_\_ 1.) Beginning with the arm straight at the side, raise it forward and upwards over head.

\_\_\_\_\_ 2.) Beginning with arm straight at the side, raise it sideways and upwards over head.

\_\_\_\_\_ 3.) Same as #1 but stop during the motion when halt is called by any member of the family or whoever is assisting the patient.

\_\_\_\_\_ 4.) Same as #2 but stop during the motion when halt is called by any member of the family or whoever is assisting the patient.

\_\_\_\_\_ 5.) Lift arms alternately so that as one is going up the other is coming down.

\_\_\_\_\_ 6.) Straighten arm in front of you and bring tip of index finger to touch the top of your nose. Do with each arm, one at a time.

\_\_\_\_\_ 7.) Begin as in #6, but bring tip of index finger to touch the ear lobe on the opposite side. Do with each arm, one at a time.

\_\_\_\_\_ 8.) Lift arms out and sideways and upwards 90°, then bring tips of index fingers together.

\_\_\_\_\_ 9.) Raise arms sideways and upwards, clapping hands above the head.

Repeat the same exercise, bringing the back of the hands together.

\_\_\_\_\_ 10.) Beginning with arms folded and elbows shoulder high, unfold arms.

\_\_\_\_\_ 11.) Raise arm sideways, shoulder high. Then move the arm in circles, starting with small circles and gradually increasing their size.

\_\_\_\_\_ 12.) Same as #11, only lift arm forward, shoulder high, before moving it in circles.

\_\_\_\_\_ 13.) Throw a ball against a wall or play catch with someone.

\_\_\_\_\_ 14.) Repeatedly slap the palm down on the knee and then put the back of the hand on the knee.

### Wrist

\_\_\_\_\_ 1.) Keep the upper arm at your side (holding the forearm with the other hand if necessary). Move the hand upwards as far as possible, then downwards as far as possible. Repeat with the other wrist.

\_\_\_\_\_ 2.) Same as #1, except make a circle. Repeat with the other wrist.

### Fingers

\_\_\_\_\_ 1.) Place palm flat on table; then raise and lower fingers one by one.

\_\_\_\_\_ 2.) Pick up coins, buttons, or marbles of assorted sizes.

\_\_\_\_\_ 3.) Crumple a piece of paper or cloth into a small ball.

\_\_\_\_\_ 4.) Keep time to music with each finger.

\_\_\_\_\_ 5.) Rest hand on table. Spread the fingers wide apart, and then bring them together.

\_\_\_\_\_ 6.) Make an "O" by touching thumb to fingertips one at a time.

\_\_\_\_\_ 7.) Flip balls of paper with tips of fingers.

\_\_\_\_\_ 8.) Open and close safety pins.

\_\_\_\_\_ 9.) Shuffle cards and deal one by one.

\_\_\_\_\_ 10.) With a piece of string, tie a bow, or make continuous knots.

- \_\_\_\_\_11.) Button and unbutton buttons.
- \_\_\_\_\_12.) Write.
- \_\_\_\_\_13.) Use typewriter.
- \_\_\_\_\_14.) Do simple finger exercises in piano.
- \_\_\_\_\_15.) Play chess or checkers.
- \_\_\_\_\_16.) Pinch clothespins with thumb and index finger.
- \_\_\_\_\_17.) Use scissors to cut paper or material.
- \_\_\_\_\_18.) Page through a magazine, one page at a time.