

Coker Rehab Services

Hand Exercises

- 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.** Crumble 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.** Play piano.
- 15.** Play chess or checkers.
- 16.** Pinch clothespins with thumb and each other finger, one at a time.
- 17.** Use scissors to cut paper or material.
- 18.** Page through magazine, one page at a time.