Coker Rehab Services

Hand and Finger Activities and Exercises

Objectives

- 1. To increase active ROM and strength of fingers and hand at all joints.
- 2. To increase coordination of fingers and hands.
- 3. To increase functional use of hands.

Basic Hand and Wrist Movements

- 1. Open hand wide, then make a tight fist.
- 2. Put palm flat on table, spread fingers and slide back together.
- 3. Hand resting on table, spread fingers and slide back together.
- 4. Make an "O" by touching thumb to finger at the middle joint.
- 5. Use thumb to touch lateral border of each at the middle joint.
- 6. Stabilize fingers at each joint; bend and straighten each joint of each finger.
- 7. Bend wrist up and then down.
- 8. Turn hand palm up and then palm down.
- 9. Hand flat on table, move hand towards thumb side, then little finger side.

Exercises

- 1. Crumpling a paper towel into a ball with one hand; try smoothing it out by extending fingers.
- 2. Try picking up cards one at a time from the table and turning them over.
- 3. Place approximately 15 cards in your hand and try working them off with your thumb one at a time. Gradually increase the number of cards.
- 4. Build a tower out of one inch cubes or spools. Keep wrist extended and elbow on table.
- 5. Practice picking up long narrow objects and placing them into theraputty.
- 6. Place a number of different coins on the table; pick them up one at a time or stack them.
- 7. Try taking a handful of beans or beads and working them out of the hand with the thumb one at a time.

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- 8. Hand and palms together in front of chest, push fingers of affected hand with fingers of good hand.
- 9. Turn both hands palm up, then palm down, simultaneously, and rapidly.
- 10. With one hand palm up and the other palm down, continuously reverse hand positions rapidly.

Recommendations For Exercises To Do At Home

- 1. Pinch clothespins with thumb and alternating fingers and place horizontally or vertically onto a ruler.
- 2. Squeeze a small rubber ball, sponge, or nerf ball.
- 3. Keep time to music with each finger.
- 4. Practice picking up and placing a can (1/2 or 1lb.); try to keep wrist extended.
- 5. Wring out different sizes of wet cloths.
- 6. Encourage use of activities such as sewing, typing, piano playing, tying knots, playing cards and board games.
- 7. Carry a magazine between thumb and fingers.
- 8. Practice screwing and unscrewing various sizes of nuts and bolts.

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