

## **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.

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.