

Upper Body: Fine Motor Exercise Program – Finger Exercises & Activities

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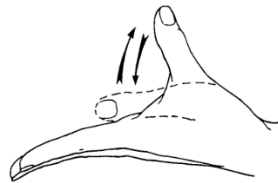
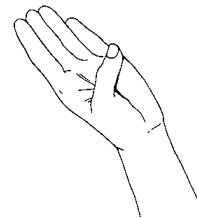
These exercises are designed to be completed with instructions from your occupational therapist. Please contact your Occupational Therapist with any questions/concerns:

Name: _____ Contact: _____

Practice the checked exercises daily. Repeat each exercise _____ times.

Finger and Thumb Isolation

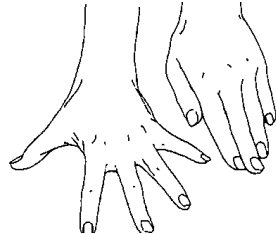
- Bend thumb across palm of the hand as far as you can
- Touch thumb to every finger making an "O" each time.
- Take thumb out to the side as if you were hitchhiking.
- Turn palm toward your face and bring thumb straight towards you.



- Place palm flat on the table. Raise and lower each finger one at a time.



- Place palm flat on the table. Spread fingers apart and bring them close together.



- Put hand flat on the table. Place a small piece of paper between the index and middle finger. Squeeze both fingers together and try to pull the paper out with the other hand.
- Place palm flat on the table. Lift all fingers at once.

Finger Dexterity

Using a Pen/Pencil and paper

- Pick up a pencil. Roll it between the thumb and each finger.
- Twirl a pen between the fingers like a baton.
- Practice writing. Copy an article from a magazine, write a story or a letter.
- Do paper and pencil tasks such as dot to dot, mazes, crossword puzzles or word finding. Try complex coloring books
- Trace shapes or pictures – start with simple designs and progress to more complex designs.
- Tear a sheet of scrap paper into small pieces and roll the pieces into small wads. Practice flicking the paper wads across the table, alternating fingers.
- Fold scrap paper into halves, quarters, et cetera.
- Fold paper and place it into envelopes of different sizes

Using coins or small objects

- Take a handful of coins, buttons, etc. Drop them one by one on the table.
- Then pick up coins one by one. See how many you can pick up in one hand before dropping any.
- Take a handful of coins, buttons, etc. Bring them to your fingertips one by one and then drop them on the table or insert in a piggy bank slot for increased challenge
- Hold a very small object such as a coin or button in the palm. Use fingers to turn it over (e.g. turn a coin from heads to tails).
- Flick small objects with each finger (marbles, paperclips, cotton balls, etc.)
- Practice taking tacks or pins off a bulletin board and putting them back on or put pins into a Styrofoam ball or cup.
- Open and close safety pins of different sizes.
- Gather small items such as pins, buttons, coins, toothpicks, paper clips, rice, beans, etc. Spread them out on a table and pick up individually, placing them into a box or bowl, alternating hands.
- Use chopsticks, tweezers or clothes pins to pick up small objects/items (cotton balls, beads, paper balls, cards, beans, etc)
- Play board games (spinning arrow, dice, marbles, Chinese checkers, peg games, Battleship).
- Finger through the pages of a book one at a time quickly.
- Use a screwdriver to assemble and disassemble items.
- Spin and/or flip coins or jacks.
- Pinch clothes pins onto the rim of a coffee can, shoebox, or yardstick. Remove them, alternating hands.
- Turn a doorknob.
- Lock and unlock a door (with a key, lock or deadbolt)
- Insert toothpicks into a straw placed in different positions. This can be done while sitting, standing or kneeling.

- Lift a book between your thumb and finger. Carry the book while walking without dropping it.

Using two-hands

- Manually sharpen pencils
- Put rubber bands around different containers (bags, jars, boxes, small sticks, etc.)
- Chain a pile of paperclips together
- Put paperclips on the edge of paper
- Practice screwing and unscrewing objects (ex: nuts and bolts, jars/containers, etc)
- Open small medicine bottles and containers (such as Tupperware) with flip up/flip off tops. Practice opening and closing the lids, alternating hands.
- Shuffle a deck of cards and deal one card at a time. Practice turning cards over on the table.
- Fasten buttons of different sizes (place the shirt in your lap). Try this with snaps and zippers.
- Lace up your shoes and tie the shoelaces
- Tie bows out of old ribbons.
- Cut shapes out of paper.
- String beads or popcorn.
- Try fastening/unfastening jewelry and accessories (earrings, necklaces, bracelets, watches, belts, etc.)
- Apply nail polish.
- Work on a craft project, such as sewing, needlepoint, cross stitch, knitting, crochet, macramé, latch hooking, leather craft, woodworking, copper tooling, sculpting with clay, making jewelry or friendship bracelets, et cetera.
- Do typing exercises (i.e. copy a paragraph out of a book).
- Play the piano
- Wash dishes
- Pop bubble wrap
- Remove staples with a staple remover
- Put together a jigsaw puzzle.
- Pass a tennis or ping pong ball between your hands. Then try bouncing it and catching it with the same hand. Then try bounce-passing it between your hands.
- Organize a box full of small items (ex: sewing materials, hardware, utensils, office supplies, toiletries), picking up one object at a time

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