

## HOME PROGRAM ACTIVITIES

# 95 EASY EXERCISES

for the more affected upper extremity



## A. SENSORY ACTIVITIES

### General Tactile Awareness Activities

1. Using crazy foam
2. Using shaving cream
3. Putting on hand lotion
4. Finger painting
5. Tracing in uncooked rice or starch with fingers
6. Stereognosis games (identify objects by touch without using vision)
7. Pick up packing peanuts from the inside of packages

### Activities Involving Proprioception

8. Weight bearing-activities on small ball
9. Pushing heavy objects (boxes, chair, benches) or small ball, if resisted
10. Pulling (tug-of-war)
11. Catching/throwing "heavy" ball
12. Pressing different parts of hand into clay
13. Pushing fingers into clay or theraputty
14. Pushing shapes out of perforated cardboard
15. Tearing packages/boxes open
16. Rolling clay into ball on a surface
17. Animal walk (bear, crab, frog)
18. Tearing strips of newspaper/placing in trash
19. Wiping off table/washing windows and mirrors



## B. HAND STRENGTH ACTIVITIES

### Miscellaneous

20. Scissor cutting, paper of various thickness (resistance), straws, paper, junk mail, play dough or construction paper
21. Removing and replacing lids from jars
22. Placing and removing pinch clothes pins from objects of various thickness
23. Hole punch (use dots to make a picture)
24. Wind up toys
25. Clay, silly putty, play dough; pinch, squeeze, pull, roll, make a snake or snowman, use cookie cutters to make shapes, hide and bury objects in play dough (have patient retrieve)
26. Stretching rubber bands over objects
27. Use tweezers to pick up and place small objects-the game "Operation"
28. Placing and removing easy grip pins from a tactile mat
29. Use a turkey baster or eye dropper; have patient squeeze and retrieve colored liquid from a bowl and place into another bowl.
30. Push down on See-N-Say/Sing-N-Smile/Leap Pad
31. Carry and pour gallon 1 or 1/2 gallon jug of water (perhaps only partially filled)
32. Yard work (carrying yard brush, picking apples that have fallen to ground, holding and maneuvering hose)
33. Hammer and nails
34. Hold marbles, rolling one at a time into hole on a Chinese Checkers board
35. Hold Skittles and place on outline of a picture



- 36. Play travel size games, especially Connect 4. For an added challenge, you can play with only the amount of chips you can hold from the start.
- 37. Use chopsticks to eat popcorn
- 38. Learn the manual (signed) alphabet
- 39. Fold origami
- 40. Spin small tops, twirl markers, e.t.c
- 41. Computer games
- 42. Chinese balls, stretch animals, bouncy balls, punch balls, finger puppets, crafts
- 43. Use a squirt gun or squirt toys and try to squirt off shaving cream or soap.



### Wrist Extension Activities

- 44. Writing on a mirror or other vertical surface with shaving cream
- 45. Painting with water colors or water on the sidewalk
- 46. Painting/writing on a vertical surface
- 46. Washing windows or a mirror
- 47. Vinyl sticker activities on a vertical surface
- 48. Placing magnetic alphabet letters on a vertical surface
- 49. Popping bubble overhead
- 50. Puppet play-eating leaves off tree, singing

### Hand Dexterity Activities

- 51. Assemble/disassemble screws, bolts, nuts on table surface. Therapist may assist in holding or securing object.
- 52. Opening and reclosing a bread bag twist tie
- 53. Operating light switches, door handles, push buttons, dialing a telephone, inserting and turning keys, turning water faucets, drinking fountains, e.t.c
- 54. Buttoning, snapping, zipping, tying, lacing
- 55. Tracing stencils, writing, drawing, coloring
- 56. Drawing lines within a maze
- 57. Winding string or yarn onto a spool of piece of cardboard
- 58. Turning book pages one at a time



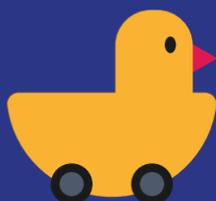
## C. FINE MOTOR ACTIVITIES

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- 59. Use play dough, silly putty, or clay; roll into a small ball. Play finger soccer.
- 60. Hide and find tiny pegs, beads, marbles, or coins in silly putty, play dough or theraputty
- 61. Ants in the Pants
- 62. Tape paper to a flat wall surface for drawing or writing
- 63. Make and complete mazes to draw or cut along
- 64. Egg carton with small manipulative, such as Goldfish. The patient is asked to use pincer grasp-pad of thumb to pad of index finger-to get the fish one at a time. Small pegs, buttons, e.t.c can also be used
- 65. Use scissor style tweezers to pick up small toys and place in container (i.e a strawberry huller, toaster tongs, e.t.c)
- 66. Create an entire fish bowl scene using Goldfish and adding Cheerios as the bubbles they blow in the water. Have the patient color in the fish bowl for added fine motor activity.
- 67. Cut coffee stirrers or drinking straws. Straw pieces can then be laced on string or yarn
- 68. Reward chart-have patient place stickers in correct square. Hang chart to add vertical component
- 69. Play Lite Brite, Operation, Hungry Hippos, Bedbugs, Knock Out Forty Faces, Doubletake, Hammer and Nails, Waterfuls, Pick-up-sticks, Nuts and Bolts, Mr. Potato-Head
- 70. Play Jenga using tweezers/tongs to remove the pieces
- 71. Magna Doodle
- 72. Hold a small piece of crumpled Kleenex, a penny or small pom-pom to place under patient's ring and little fingers when writing or picking up small manipulative.
- 73. String macaroni, fruit loops, or buttons onto spaghetti, pipe cleaner, or yarn
- 74. Using flashlight or bulb, make "finger shadows" against wall
- 75. Stamping activity (rubber stamps, sponge stamps, film stamps)
- 76. Crumple paper or tissue paper for art projects, hole fillers, e.t.c
- 77. Pick up two or more clips, pegs, marbles, chips, e.t.c. Pick up one at a time, while holding remaining ones within one hand (e.g, how many pegs can you keep in your hand while pulling other pegs out of a Lite Brite).
- 78. Stacking cubes or blocks to see how high of a tower patient can make
- 79. Board games with small pieces
- 80. Turn over cups, bowls, books, or spools of thread in the air
- 81. Eating with a spoon or fork
- 82. Finger feeding
- 83. Puzzles



- 84. Shape sorter
- 85. Magnetic puzzles
- 86. Cup drinking
- 87. Ring Stack
- 88. Pull toy on wheels



## D. SPECIFIC HAND MANIPULATION ACTIVITIES

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### Translation-Fingers to Palm Without Stabilization

- 89. Getting a coin out of a change purse  
Hiding penny in hand (magic trick)
- 90. Crumple paper
- 91. Placing pennies in a bank or vending machine

### Translation-Fingers to Palm With Stabilization

- 92. Getting two or more coins out of change course, one at a time
- 93. Picking up pegs/paper clips one at a time, to hold two or more in one hand at a time
- 94. Picking up several utensils one at a time, to hold two or more
- 95. Picking up three blocks, one at a time

