

# Abilitylab

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

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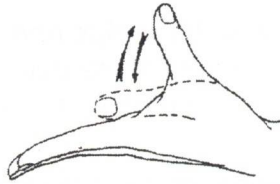
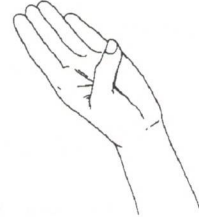
These exercises are designed to be completed with instructions from your occupational therapist. Please contact your Occupational Therapist with any questions/concerns:

Name: \_\_\_\_\_ Contact: \_\_\_\_\_

Practice the checked exercises daily. Repeat each exercise \_\_\_\_\_ times.

### Finger and Thumb Isolation

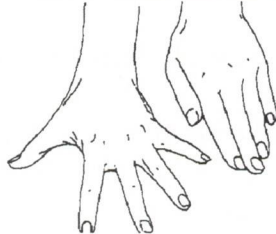
- Bend thumb across palm of the hand as far as you can
- Touch thumb to every finger making an "O" each time.
- Take thumb out to the side as if you were hitchhiking.
- Turn palm toward your face and bring thumb straight towards you.



- 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.