

# Hand Coordination Exercises

Key Points: Start with counter or table top level items and work towards higher and lower reach. Keep the shoulder from hiking up and the elbow from winging out to side. Stop, stretch, weight bear, “prayer pose” when needed



## IN THE KITCHEN

- Shelling beans and snapping beans
- Using tongs larger first towards tweezers
- Stirring
- Putting dishes away
- Washing dishes
- Sorting silverware
- Folding napkins
- Wiping the countertops
- Opening the cabinets, fridge, microwave
- Pinch/roll cookies
- Pouring liquid
- Stacking cups, plates, bowls

Mountain Therapy Services LLC  
<https://www.mountaintherapyservices.com>  
[https://www.youtube.com/channel/UCB9RrDkxx14A-Pvuqv\\_Di8A](https://www.youtube.com/channel/UCB9RrDkxx14A-Pvuqv_Di8A)

## EXERCISES WITH VARIOUS SIZE AND SHAPE OBJECTS

- Bring each finger to your thumb. Extend fingers in between.
- Cards: flip, sort, play game
- Flick items on table top
- Extend and flex fingers on wash cloth
- Lift each finger from table
- Crumble and fold paper
- Slide card forward and back under your fingertips
- Coins: flip over, sort, stack, pick up one at time, lay down one at a time
- Stacking dice
- Use on keyboard to touch keys
- Phone or tablet apps that you slide fingers to move objects
- Make phone calls or text with that hand
- Folding socks, towels
- Theraputty: extend and spread fingers in putty. Focus on extension more than flexion if spasticity or too much weakness in extensors
- Chinese balls: Rotate two in hand
- Coloring
- Handwriting
- Flip magazine pages and flatten hand in between each
- Nuts and bolts manipulation
- Circling and underlining words in newspaper/magazine
- Rolling and bouncing ball

## GAMES

- Jenga
- Perfection
- Cards
- Marbles
- Light bright
- Jigsaw puzzles
- Dominoes
- Scrabble
- .....Too many to list here!