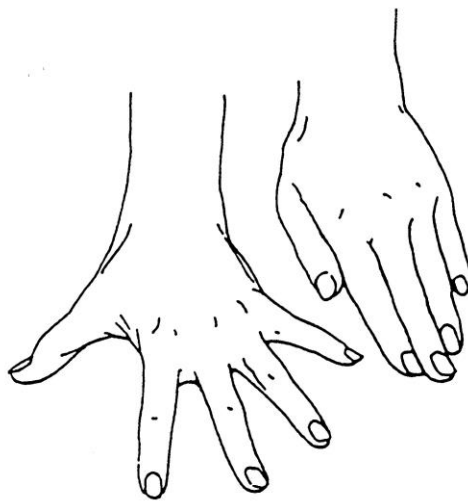


## **OCCUPATIONAL THERAPY FINGER ABDUCTION/ADDUCTION**

Hand flat on table, spread all fingers apart, then bring together as close as possible.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



## **OCCUPATIONAL THERAPY FINGER ABDUCTION**

With rubber band around index and long fingers, held straight or resting on a table, stretch fingers apart.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Repeat with long and ring fingers, then ring and little fingers.

Do \_\_\_\_\_ sessions per day.



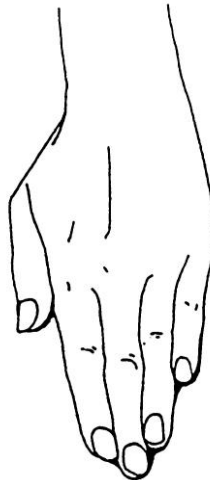
## OCCUPATIONAL THERAPY FINGER ADDUCTION

With fingers straight, press together tightly.

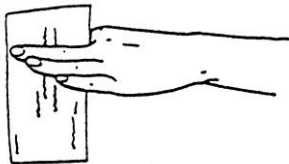
Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



Activity: Hold paper between two fingers.

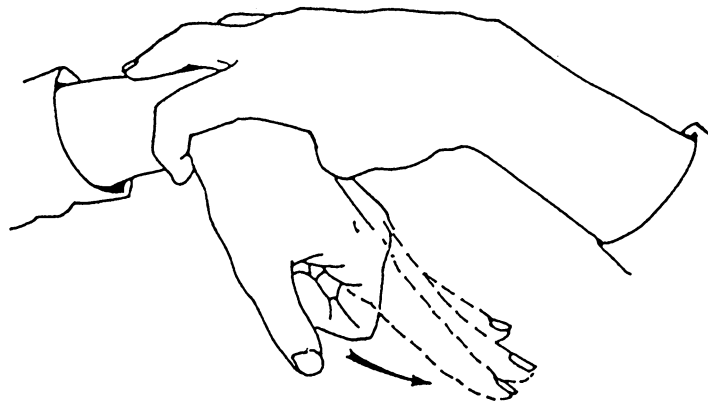


## **OCCUPATIONAL THERAPY FINGER FLEXION/EXTENSION**

With wrist held at \_\_\_\_\_° flexion, straighten and bend fingers.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



## **OCCUPATIONAL THERAPY GRIP STRENGTHENING**

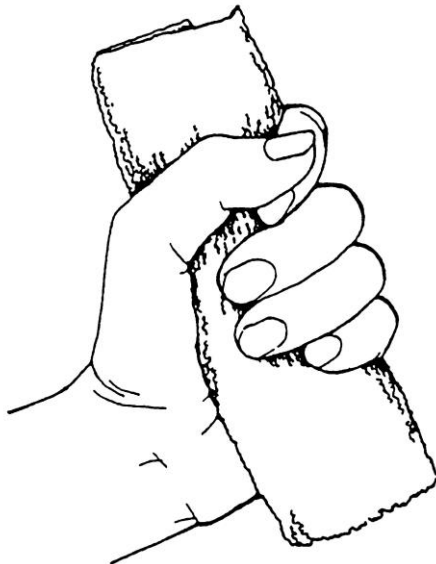
Squeeze washcloth roll.

Hold for \_\_\_\_\_ seconds.

Relax for \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



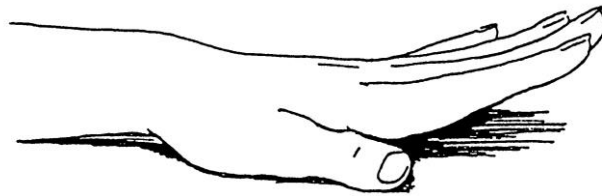
## **OCCUPATIONAL THERAPY MP EXTENSION**

Palm on table, straighten fingers completely at large knuckles and lift fingers off table.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



Activity: Tap fingers one at time on table.



## OCCUPATIONAL THERAPY MP FLEXION

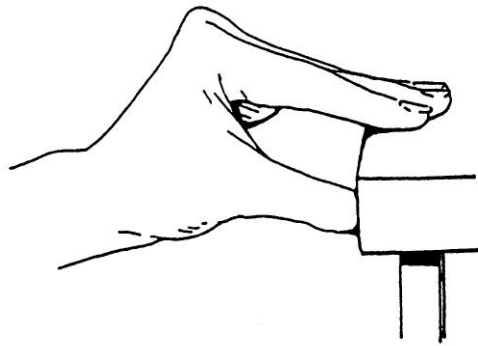
Squeeze edge of table with fingers bent only at knuckles.

Hold \_\_\_\_\_ seconds.

Relax.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



Activity: Use this position to open clothespins.



## OCCUPATIONAL THERAPY PUTTY EXERCISES



### Gross Finger Flexion

Make a roll of putty and place it in the palm of the hand. Bend fingers around it, making a fist.

### Gross Opposition

Shape the putty into a pancake and stick it to a flat surface. Place fingers and thumb lightly on the edge of the pancake. Draw them together toward the center.



### Fingertip Rotation

Form a ball with the putty. Place in fingertips and rotate clockwise, then counterclockwise only using the fingertips.

### Individual Pinch

Place a piece of putty between the pads of the thumb and index fingers, squeeze through until the digits meet. Repeat with each of the other fingers.



### Individual Finger Flexion

Wrap a sheet of putty around one finger, like a bun around a hot dog. Bend the finger through the putty, trying to touch the palm.

### Lateral Pinch

Place a ball of putty between the side of the index finger and the pad of the thumb. Squeeze through until the digits meet.



### Wrist Extension

Place forearm and elbow of the involved hand on the table. Let the wrist relax over the edge of the table with the palm facing the floor. Hold one end of the putty and put the other end of the putty in the uninvolved hand that is beneath the table. Pull on the putty with the involved wrist.



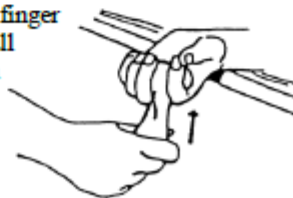
### Three-Jaw Chuck Pinch

Place a roll of putty between the thumb and the pads of the index and middle fingers, making a triangle. Squeeze through until the digits meet.



### Wrist Flexion

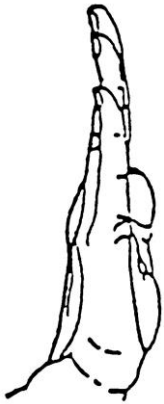
Place the forearm and elbow of the involved hand on the table with the wrist over the edge and the palm facing up. Slip the putty through the ring and middle finger and into the fist. Pull up on the putty with the involved wrist.



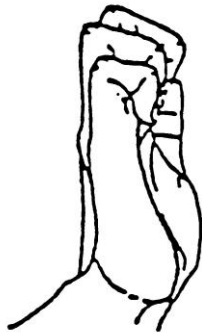


## **OCCUPATIONAL THERAPY TENDON GLIDING EXERCISES**

There are three ways to make a fist:



Straight  
Straight Fist



Hook



Fist



Start with your fingers straight every time.

Make one type of fist at a time with your fingers.

Curl your thumb down in your palm as much as possible, then stretch it out as far as possible.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

## **OCCUPATIONAL THERAPY WRIST STRENGTHENING-EXTENSION**

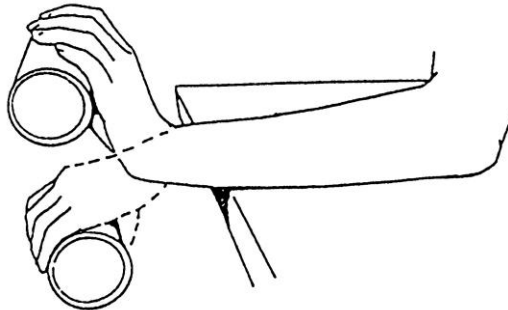
With wrist over edge of table, lift \_\_\_\_\_ ounces, keeping arm on table surface.

Hold \_\_\_\_\_ seconds.

Lower slowly.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



## **OCCUPATIONAL THERAPY WRIST STRENGTHENING-FLEXION**

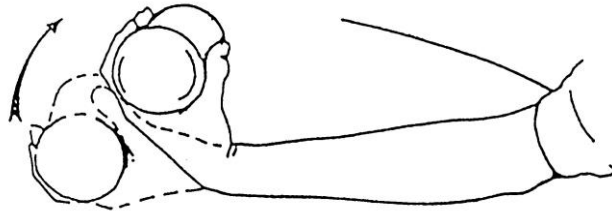
Palm up, holding \_\_\_\_\_ ounces, bend toward you at the wrist.

Hold \_\_\_\_\_ seconds.

Relax slowly.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



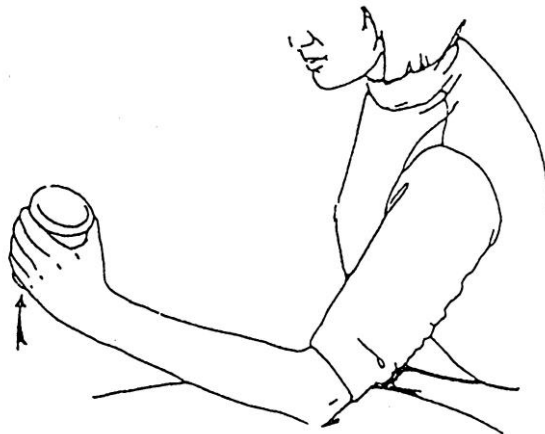
## **OCCUPATIONAL THERAPY WRIST STRENGTHENING-RADIAL DEVIATION**

Holding \_\_\_\_\_ ounces, bend at wrist toward thumb side in upward motion.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



Activity: Use this movement to pick up a cup.

