

High repetition is key to success!

Functional Home Exercises (Use affected arm as much as possible)

- Use affected arm to hold washcloth and complete 50% of bathing
- Fold laundry using both hands 50/50
- Wash both hands every time you are at the sink
- Lift affected arm with no assistance and place in shirt sleeve every time you get dressed
- Hold toothbrush with affected hand to put on toothpaste
- Wipe countertops, windows, and clean surfaces
- Hold remote/cell phone
- Squeezing dish sponge/wash dishes
- Place household items in cabinets/dishwasher
- Practice carrying small grocery bag with a few items in it with affected hand
- Practice unloading groceries with affected hand
- Practice getting light objects off the shelf with affected hand
- Use affected hand to operate light switch
- Eat meals with affected hand

High repetition is key to success!

Fine Motor Exercises

- Coloring
- Writing alphabet (progress to name and address)
- Screwing and unscrewing nuts and bolts
- Picking up coins and move palm to fingers
- Pick up toothpicks off of table and flip in fingers
- Playing cards (shuffling, dealing, holding)
- Board games (Ex: scrabble, checkers, chess)
- Cut junk mail coupons with scissors
- Place safety pins on pillowcase
- Place paperclips on paper
- Tear junk mail into pieces
- Hammer nails into scrap board
- Use tweezers to pick up small items
- Puzzles
- Theraputty Exercises
- Typing (typingtest.com and 10fastfingers.com)