

Occupational Therapy

Arm and Hand: Strengthening and Fine Motor Exercises

Name: _____

Date: _____

Do only those exercises your occupational therapist has checked off (☑).
Your doctor or therapist might add or change exercises just for you. If so, then always follow those instructions.

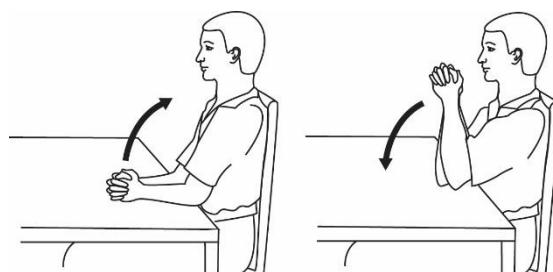
Arm Strengthening Exercises

These exercises are to help you:

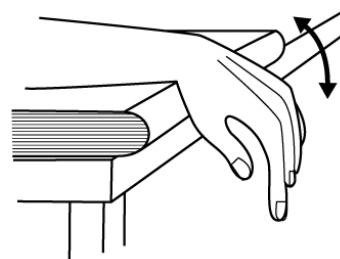
- increase your arm strength
- return to doing activities using your arms

- Sit in a supportive chair with your feet on the floor.
- Sit up straight and try not to lean back into the chair.

- ☐ Clasp your hands together.
Place arms on table.
Keep your elbows on the table.
Lift your hands up to your nose.
Slowly lower hands onto the table.
Repeat ____ times.



- ☐ Place a book or stack of books on the table (about 1 ½" thick).
Place your wrist over the edge of the book (s).
Bend your wrist down.
Lift your wrist up as far as you can.
Repeat ____ times.



Note Occupational therapists often refer to hand exercises as 'Fine Motor Exercises'.
When we use the word 'motor', we mean using muscles to move your body.
'Fine motor' refers to using small muscles to do precise movements.

Hand Strengthening Exercises

These exercises are to help you:

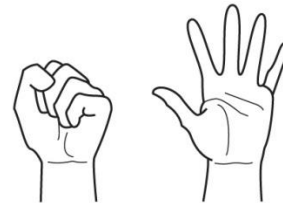
- increase your hand strength
- return to doing activities using your fingers and hands

- ☐ Make a fist.

Hold your hand in a fist for 5 seconds.

Straighten your fingers

Repeat ___ times.



- ☐ Crumple a piece of paper into a ball using your affected hand

Repeat ___ times.



- ☐ Roll therapeutic putty (such as 'Theraputty') into a ball using both hands.

Repeat ___ times.



- ☐ Squeeze water out of a wet sponge or wash cloth using both hands.

Repeat ___ times.



- ☐ Practice picking up items such as a plastic cup, can of soup, or water bottle.

Start with light items.

Slowly increase the weight of the item.

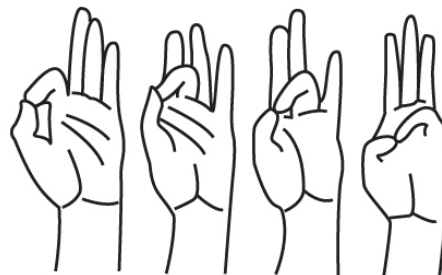
Repeat ___ times.



Finger Motor Exercises

- ☐ Touch your thumb to each fingertip.
If your thumb and fingers do not touch on their own
gently help them to reach each other.

Repeat ____ **times.**



- ☐ Place your affected hand with the palm facing down on a table.

Tap your fingers on the table one at a time.

Repeat ____ **times.**

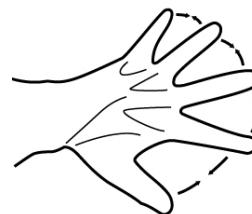


- ☐ Place your affected hand with the palm facing down on a table.

Stretch your fingers apart.

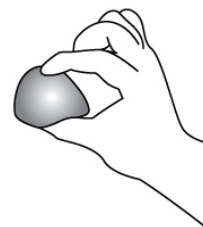
Bring them back together.

Repeat ____ **times.**



- ☐ Pinch therapeutic putty (such as 'Theraputty') between your thumb and fingers, one finger at a time.

Repeat ____ **times.**



- ☐ Take 10 to 15 clothes pins.

Pinch a clothes pin open.

Attach each clothes pin to the edge of a container or pot.

Now remove all the clothes pins one at a time.

Repeat ____ **times.**



If you have questions about arm and hand exercises, contact your occupational therapist.

_____ (OT) (____) _____ - _____