



THE PARK

Parkinson's Wellness Centre



Fine motor exercise

Improve your hand function.



Prepared for you by Barbara Cullinan

Thumb abduction using a tennis ball



Hold for __ minutes.

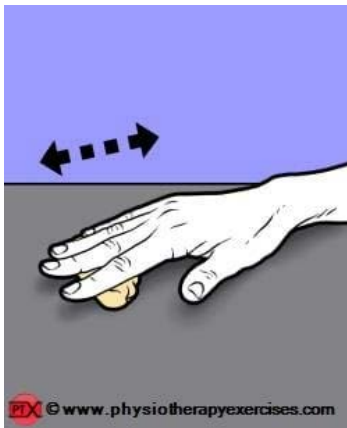
Client`s aim

To improve your ability to move your thumb away from your index finger.

Client`s instructions

Position yourself with your hand resting on a tennis ball in front of you. Slide your thumb along the line of a tennis ball, while moving the ball with your finger tips.

Rolling putty



Hold for __ minutes.

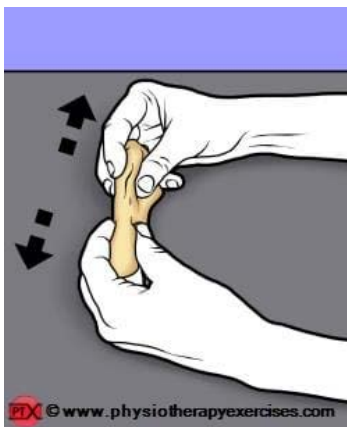
Client`s aim

To strengthen the finger muscles.

Client`s instructions

Position yourself in sitting with a cylindrical piece of putty in front of you. Place your hand on top of the putty and roll the putty along the table.

Pinch and pull putty



Hold for __ minutes.

Client`s aim

To strengthen your pinch grip.

Client`s instructions

Position yourself in sitting with putty in your hands. Pinch the putty between the thumb, index and middle finger of both hands. Maintain this position, pinch and stretch the putty.

Grip and twist putty



Client`s aim

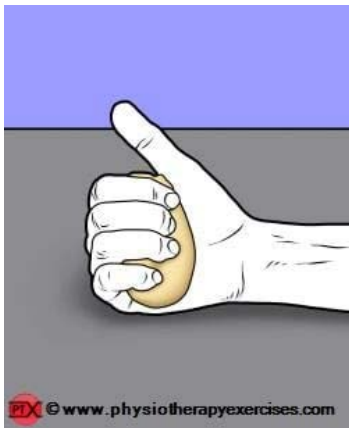
To improve your grip strength.

Client`s instructions

Position yourself with putty in the palm of both hands. Make a fist around the putty and twist it apart.

Hold for __ minutes.

Full fist strengthening with putty



Client`s aim

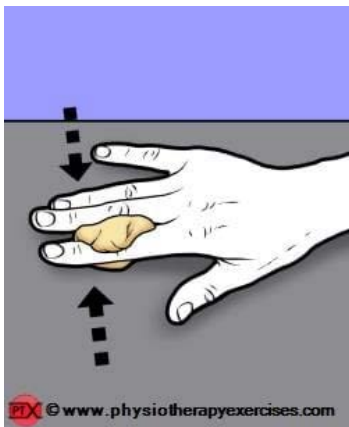
To strengthen your hand grip.

Client`s instructions

Position yourself with putty in the palm of your hand. Make a fist around the putty and squeeze with the tips of your fingers.

Hold for __ minutes.

Finger adduction strengthening with putty



Client`s aim

To strengthen the muscles that bring your fingers together.

Client`s instructions

Position yourself with putty between your fingers. Use your fingers to squeeze the putty.

Hold for __ minutes.

Lateral pinch



PTX © www.physiotherapyexercises.com

Hold for __ minutes.

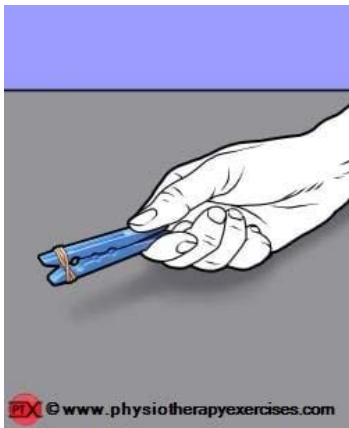
Client's aim

To strengthen the pinch between your thumb and the side of your index finger.

Client's instructions

Position yourself with a peg between the thumb and side of your index finger. Pinch the peg.

Pinch with resistance



PTX © www.physiotherapyexercises.com

Hold for __ minutes.

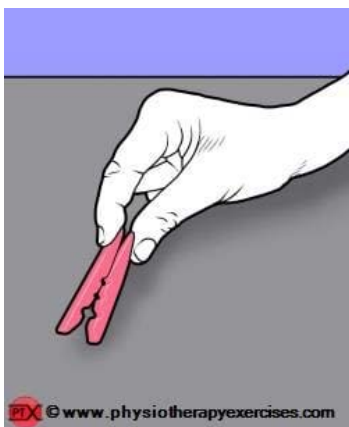
Client's aim

To strengthen your pinch grip.

Client's instructions

Position yourself with a peg between the thumb and side of your index finger. Place an elastic band around the end of the peg. Pinch the peg.

Two point pinch



PTX © www.physiotherapyexercises.com

Hold for __ minutes.

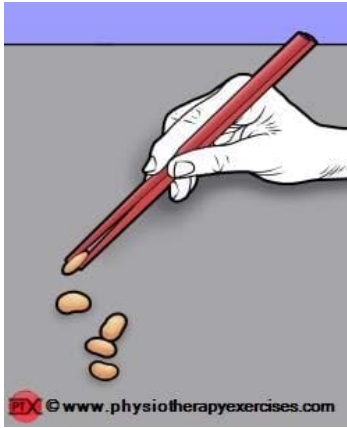
Client's aim

To strengthen the pinch between your thumb and tip of your index finger

Client's instructions

Position yourself with a peg between the thumb and the index finger. Pinch the peg.

Using chopsticks



Hold for __ minutes.

Client`s aim

To improve your ability to use chopsticks.

Client`s instructions

Position yourself with the chopsticks in your hand. Use the chopsticks to pick up a small object.

Wringing a towel in pronation



Hold for __ minutes.

Client`s aim

To strengthen your hand grip.

Client`s instructions

Position yourself with a rolled up towel in your hands and palms facing up. Grip the towel and move your hands in a wringing motion.

Wringing a towel in supination



Hold for __ minutes.

Client`s aim

To strengthen your hand.

Client`s instructions

Position yourself with a rolled up towel in your hands and palms facing upward. Grip the towel and move your hands in a wringing motion.

Controlling grip force by lifting a sealed bottle and straw



Repeat __ times.

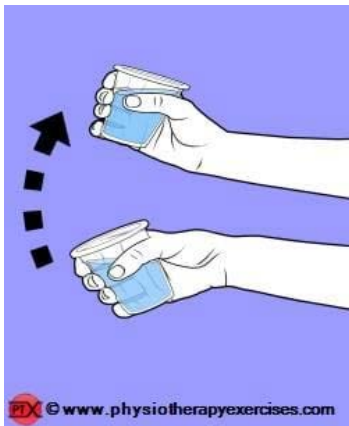
Client's aim

To improve your ability to use the appropriate force when manipulating objects with your hand.

Client's instructions

Position yourself sitting with a sealed, thin plastic bottle and straw on a table in front of you. Fill the plastic bottle most of the way with some coloured liquid and mark a line on the straw. Practice lifting up the bottle without letting the fluid raise above the marked line on the straw. Ensure that the bottle and straw form a sealed system.

Lifting a cup of water



Hold for __ minutes.

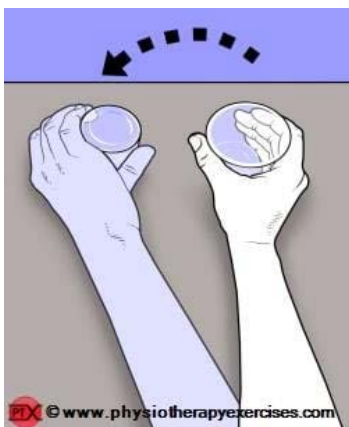
Client's aim

To strengthen your wrist muscles.

Client's instructions

Position yourself with a cup of water in your hand. Position the cup tilting down. Lift the cup with your wrist. Slowly lower the cup so that it is tilted down again.

Radial nerve glide



Hold for __ minutes.

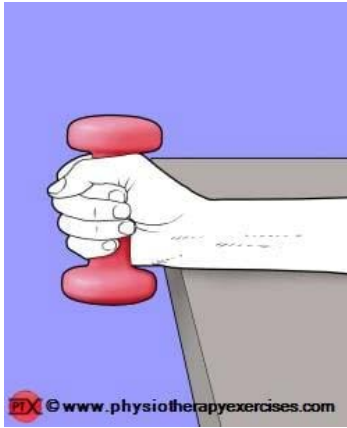
Client's aim

To improve the ability of your nerve to glide.

Client's instructions

Position a small light object in front of you. Pick up the object. Turn the object over to place it on its top. Repeat the task.

Maintaining wrist extension and radial deviation



Hold for __ minutes.

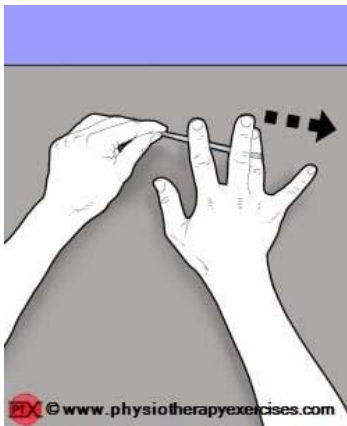
Client`s aim

To strengthen the muscles that straighten your wrist.

Client`s instructions

Position yourself with a weight in their hand and your thumb pointing upward. Maintain your wrist in a neutral position. Do not let it bend.

Finger abduction resisted by an elastic band



Hold for __ minutes.

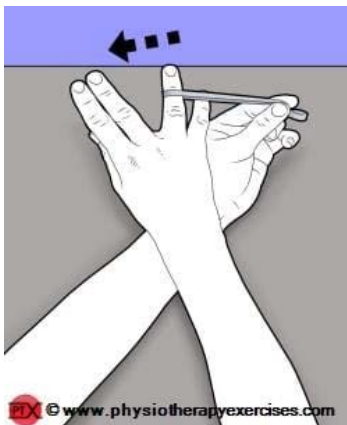
Client`s aim

To strengthen the muscles that spread your fingers apart.

Client`s instructions

Position yourself with an elastic band around your finger. Hold one end of the elastic band with your unaffected hand. Pull your finger outwards

Finger adduction resisted by an elastic band



Hold for __ minutes.

Client`s aim

To strengthen the muscles that bring your fingers together.

Client`s instructions

Position yourself with an elastic band around your finger. Hold one end of the elastic band with your unaffected hand. Pull your finger inwards against the resistance of the elastic band.

Thumb movements resisted by an elastic band



PTX © www.physiotherapyexercises.com

Hold for __ minutes.

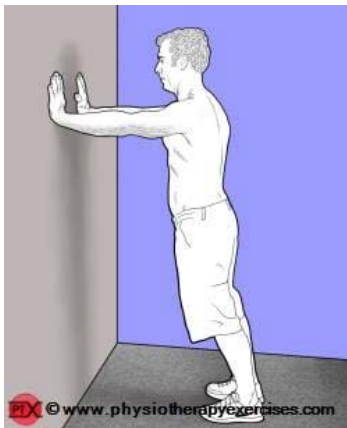
Client`s aim

To strengthen the muscles that move your thumb.

Client`s instructions

Position yourself with an elastic band around your thumb. Place an elastic band around your thumb and first finger. Move the thumb against the resistance of the elastic band as if you opening their and to grasp a cup.

Forearm stretch using the wall



PTX © www.physiotherapyexercises.com

Hold for __ minutes.

Client`s aim

To stretch tight tissue over your forearms, wrists and palms.

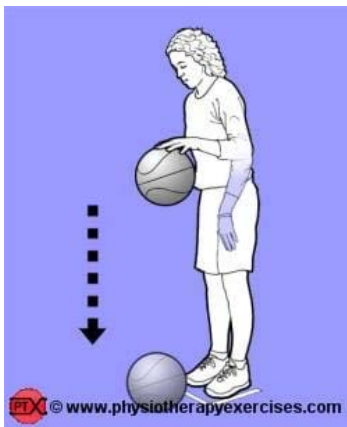
Client`s instructions

Position yourself with your hands on the wall, elbows straight and palms flat. Change your position by raising or lowering your hands and adjusting your body weight. This will achieve maximal stretch over the forearms and palms.

Precautions

Cease the stretch if you experience altered sensation, pins and needles or nerve pain.

Bouncing a ball with one hand



PTX © www.physiotherapyexercises.com

Perform exercise for __ minutes.

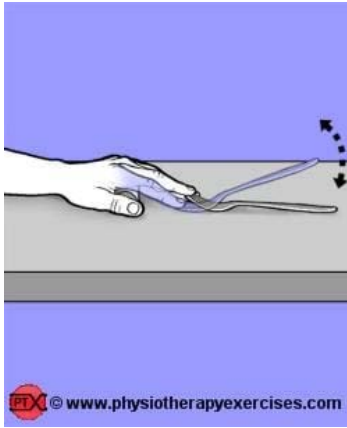
Client`s aim

To improve your ability to manipulate objects with your hand.

Client`s instructions

Position yourself standing with a ball in your hand. Practice bouncing the ball on the spot.

Depressing a fork using the fingertips



Repeat __ times.

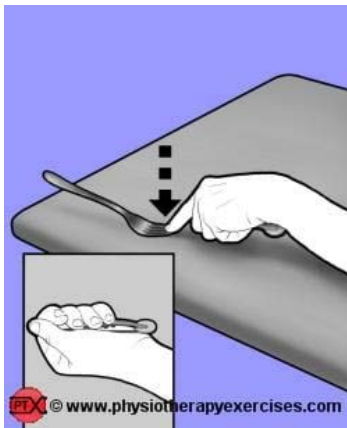
Client`s aim

To improve your ability to move your fingers.

Client`s instructions

Position yourself sitting in front of a table with your knuckles resting on a small cylinder and a finger resting on the prongs of a fork. Practice pushing down on the fork prongs so that the other end of the fork lifts up. Ensure that your fingers stay straight.

Depressing a fork whilst holding onto tweezers and a coin



Repeat __ times.

Client`s aim

To improve your ability to hold onto and use a fork.

Client`s instructions

Position yourself sitting with some plastic tweezers in your hand and a fork on a table in front of you. Hold a coin in between the end of the tweezers and squeeze with your ring and little fingers. Place your index finger on the prongs of the fork while holding the coin in the tweezers. Practice pushing down on the prongs of the fork so that the end of the fork lifts up without dropping the coin. Ensure that your index finger is kept straight.

Opening a container



Repeat __ times.

Client`s aim

To improve your ability to manipulate objects with your hand.

Client`s instructions

Position yourself sitting while holding a plastic container with the lid closed in your unaffected hand. Practice opening and closing the lid with your affected hand.

Connecting a plug and socket



Repeat __ times.

Client`s aim

To improve your ability to manipulate objects with your hand.

Client`s instructions

Position yourself sitting in front of a table with a socket in your unaffected hand. Practice connecting and disconnecting the plug from the socket.

Precautions

1. Ensure that the socket is not connected to the power supply.

Moving water between two containers



Repeat __ times.

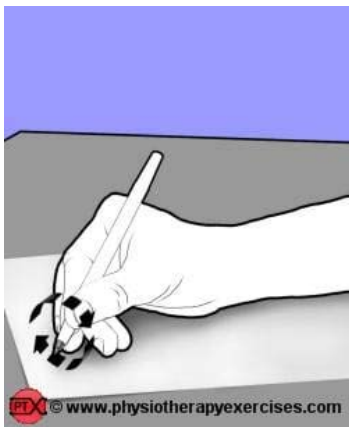
Client`s aim

To improve your ability to manipulate objects with your hand.

Client`s instructions

Position yourself sitting with two cups filled with water on a table in front of you. Practice filling a spoon with water from one cup and carrying it to the other cup without spilling it.

Rolling a pen within the hand



Repeat __ times.

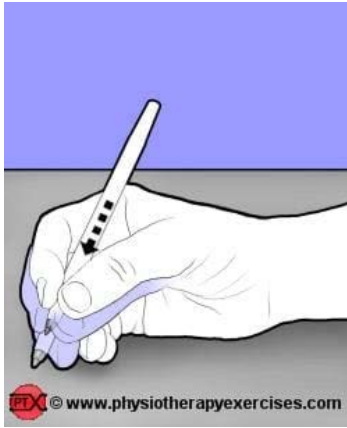
Client`s aim

To improve your ability to manipulate a pen in your hand.

Client`s instructions

Position yourself sitting with your forearm resting on a table. Mark a pen with a few vertical lines to use as a guide. Position the pen resting against your middle finger and the webspace of your hand with your index finger and thumb at the tip of the pen. Practice rolling the pen within your hand to uncover the next vertical line using your index finger, middle finger and thumb only. Ensure that your wrist and forearm do not move and that any manipulation of the pen is performed with your thumb and fingers only.

Shifting a pen up and down within the hand (Caterpillar)

**Client's aim**

To improve your ability to manipulate a pen in your hand.

Client's instructions

Position yourself sitting with your forearm resting on a table. Mark a pen with lines around the barrel to use as feedback. Position the pen resting against your middle finger and the webspace of your hand with your index finger and thumb on top of the pen. Practice moving the pen up and down using only your index finger, middle finger and thumb. Ensure that your wrist and forearm are kept still and that the manipulation of the pen is performed with your thumb and fingers only.

Repeat __ times.

Using scissors

**Client's aim**

To improve your ability to manipulate objects with your hand.

Client's instructions

Position yourself sitting at a table with some paper with a random shape drawn on it. Practice cutting out the shape with scissors.

Repeat __ times.

Moving objects between two containers

**Client's aim**

To improve your ability to manipulate objects with your hand.

Client's instructions

Position yourself sitting with some small objects and two containers on a table in front of you. Practice picking up an object from one container carrying it to the other container without dropping it.

Repeat __ times.

Turning nuts and bolts



Client's aim

To improve your ability to manipulate objects with your hand.

Client's instructions

Position yourself sitting with some nuts and bolts on a table in front of you. Practice picking up a nut with your affected hand and threading it onto a bolt using your thumb and index finger.

Repeat __ times.

Opening a leash clip



Client's aim

To improve your ability to manipulate objects with your hand.

Client's instructions

Position yourself sitting with your affected hand grasping a leash clip. Practice opening the leash clip with your thumb.

Repeat __ times.

Picking up and holding onto coins



Client's aim

To improve your ability to pick up and manipulate small objects with your hand.

Client's instructions

Position yourself sitting with some coins on a table in front of you. Practice picking up the coins one at a time keeping them in your hand as the next coin is picked up.

Repeat __ times.

Picking up coins and placing them in a jar



Client`s aim

To improve your ability to pick up and put down small objects with your hand.

Client`s instructions

Position yourself sitting with some coins and a jar on a table in front of you. Practice picking up the coins one at a time using your thumb and index finger and placing them in the jar.

Repeat __ times.

Pouring beans into a cup



Client`s aim

To improve your ability to manipulate small objects with your hand.

Client`s instructions

Position yourself sitting with a cup filled with beans on a table in front of you. Practice pouring the beans from the cup into your hand then back into the cup again.

Repeat __ times.

Rolling two balls around in the hand with the thumb



Client`s aim

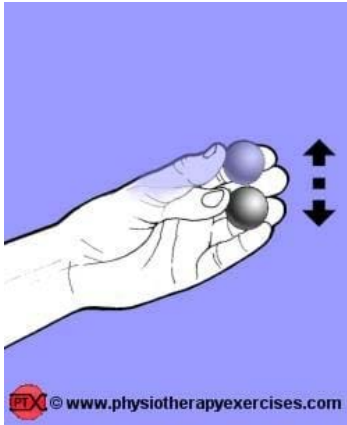
To improve your ability to manipulate small objects with your hand.

Client`s instructions

Position yourself sitting with two small balls in your hand. Practice rolling the balls around in the palm of your hand using only your thumb.

Repeat __ times.

Rolling a ball between the thumb and fingertips



Repeat __ times.

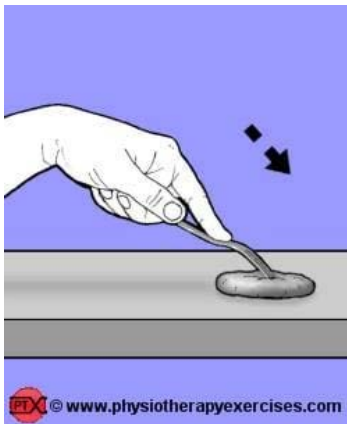
Client's aim

To improve your ability to manipulate objects with your hand.

Client's instructions

Position yourself sitting while holding a small ball in between your thumb and fingertips. Practice rolling the ball back and forth over your fingertips using your thumb.

Pushing down with a fork



Repeat __ times.

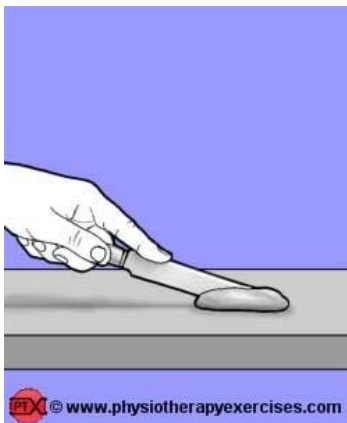
Client's aim

To improve your ability to use a fork.

Client's instructions

Position yourself sitting with a fork and some putty on a table in front of you. Practice stabbing the putty with the prongs of the fork repeatedly. Ensure that you push downwards without dragging the fork across the putty.

Cutting with a knife



Repeat __ times.

Client's aim

To improve your ability to use a knife.

Client's instructions

Position yourself sitting with a knife and some putty on a table in front of you. Practice cutting the putty with the knife, keeping the blade vertical. Ensure that your index finger is kept straight and your wrist is bent.

Precautions

1. Ensure that the patient does not cut themselves.

Reaching forward to an object



Repeat __ times.

Client's aim

To improve your ability to pick up an object.

Client's instructions

Position yourself sitting with three objects placed slightly apart on a table in front of you. Practice reaching forwards to pick up the middle object without touching the objects on either side. Ensure that you shape your hand to match the middle object as you start reaching.

Finger flexor and intrinsic muscle strengthening



Perform __ sets of __ reps.
Do __ sessions per week.

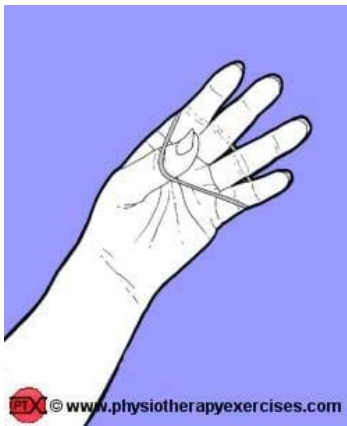
Client's aim

To strengthen the muscles that bend your fingers.

Client's instructions

Position yourself sitting with a small piece of foam between your ring and little fingers and palm of your hand. Practice squeezing your ring and little fingers to squash the foam into your palm.

Finger and thumb extensor strengthening using an elastic band



Perform __ sets of __ reps.
Do __ sessions per week.

Client's aim

To strengthen the muscles that straighten your fingers and thumb.

Client's instructions

Position yourself sitting with the tips of your fingers and thumb held together and an elastic band placed around them. Practice opening your fingers and thumb outwards against the resistance of the elastic band.

Finger and thumb flexor strengthening using foam



Client`s aim

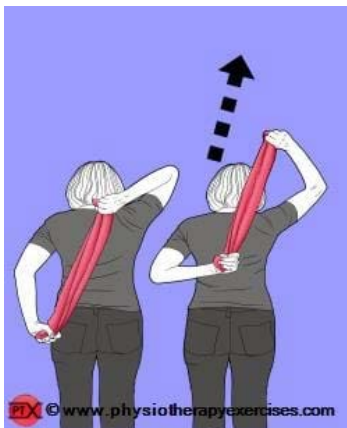
To strengthen the muscles that bend your fingers and thumb.

Client`s instructions

Position yourself sitting with a piece of foam held in your hand.
Practice squeezing the foam to make a fist.

Perform __ sets of __ reps.
Do __ sessions per week.

Hand behind the back



Client`s aim

To stretch or maintain range in your shoulder muscles.

Client`s instructions

Position yourself holding on to a towel behind your back. Straighten your top arm. Pull on the towel to bring your bottom arm higher up your back.

Hold for __ minutes.