

Moody School OT/PT Home exercise program

Lie on your back and place a medium sized ball between your feet. Bring feet up towards your head, lift head off of floor and reach hands toward feet to grasp the ball. Throw the ball at a target or into a bucket.



Stretch a rubber band between thumb and index finger. Open and close the fingers slowly to stretch the elastic (the slower the better for strength), and don't allow it to "fling" off your fingers! Now try it using thumb and middle finger, thumb and ring finger, and thumb and pinky finger.

