

Moody School OT/PT Home Exercise Program

Lie on your back with a pillow or couch cushion under your lower back. Reach over head to grasp a ball, bean bags, rolled socks, etc. Sit up to throw the object at a target or into a bucket. How many can you do before you get tired?



Tear newspaper or scrap paper into strips and then crumple into balls and toss into a bucket. Crumple some with one hand and then switch and crumple some with the other. How tightly can you crumple them?

