




Finger exercises for children

Please begin the following exercises as instructed by your therapist:

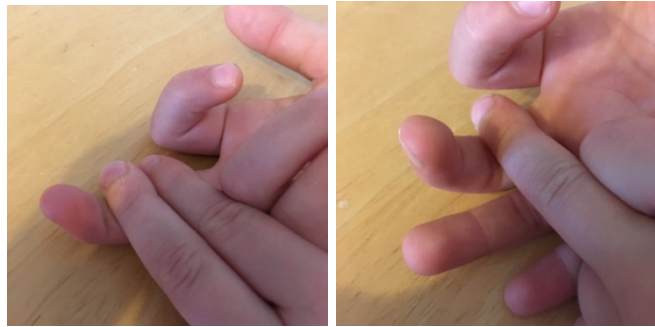
Finger range of movement

<p><u>Quacking duck</u> Can you make a quacking duck with your hand? Can you make it quack really slowly? <i>Knuckles bent, fingers straight.</i></p>		
<p><u>Fist</u> Yes! Can you pretend you have won a race? <i>Bend all of the finger joints down into your palm. Hold there for 3 seconds, then bring them straight again.</i></p>		
<p><u>Cat's claw</u> Can you pretend to be a cat? <i>Bend the top two joints of the fingers, keeping the knuckles straight. Hold for 3 seconds, then bring them straight again.</i></p>		

Wiggly worms

Can you make your finger wiggle?

- 1) Hold beneath the top joint of your finger, keeping the middle joint completely straight (either in the air, or palm up on a table), bend up and hold for 3 seconds, then straighten again.
- 2) Hold below the second joint on the finger and repeat. Both joints will bend.
- 3) Repeat on each finger.



Starfish

Can you open and close your fingers?

With the hand straight, bring the fingers apart, then bring them back together again.



Thumb range of movement

Isolated thumb bends

Hold below the tip of your thumb.
Can you make it bend?



Telescope

Can you make an O shape big enough to look through?
Practice touching the tip of each finger with your thumb, bringing the thumb out and round to make an O shape. Then, slide the thumb down to the base of the little finger.

