



LANG HAND THERAPY

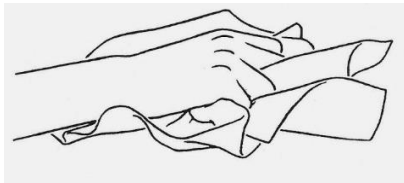
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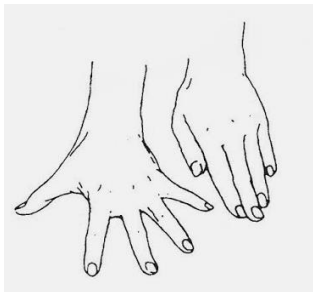
FINGER RANGE OF MOTION

HOLD DOWEL IN FINGERS. ROLL DOWEL FROM HOOK TO FULL TO FLAT FIST (CAN USE PENS, MARKERS, MASCARA, ETC.)

TOILET PAPER WALKING: BEGIN WITH PALM DOWN ON TABLE. MAINTAINING CONTACT BETWEEN TABLE AND HEEL OF HAND, SCRUNCH TOILET PAPER INTO PALM OF HAND, THEN PUSH TOILET PAPER OUT OF PALM



WITH HAND FLAT ON TABLE, SPREAD FINGERS APART THEN BRING THEM TOGETHER AS CLOSE AS POSSIBLE. (CAN ALSO PERFORM BY GATHERING TOILET PAPER BETWEEN FINGERS)



WITH HAND FLAT ON TABLE, LIFT FINGERS OFF TABLE FROM FIRST KNUCKLE

