

Hand Massage Routine

- 1) Place two fingers under the wrist and thumbs on top. Using thumbs, do circular frictions across the top of the wrist



- 2) With the base of your thumbs and palms of your hands stretch/massage back of their hand.



- 3) Turn the hand over and support the back of the hand with fingers, with thumbs placed on top.



- 4) With your thumbs, make circular massage movements across the palm. With alternate thumbs, stroke down the centre of their palm towards the fingers, and then reverse the action towards the wrist.



- 5) Massage their thumb and fingers from base to tip using circular movements with your thumb and your other fingers curled.



- 6) Enclose their hand within yours to finish.



Fine Motor Exercises:

1. Finger to thumb oppositional exercise, press each finger to thumb in sequence.
2. Place hand flat on desk; lift each finger individually in isolation. If there is difficulty lifting a finger press down the length of the finger being careful not to touch any other fingers
3. Squeeze soft ball.
4. Using a small soft ball or piece of play dough press using a pincer grip, between index a) finger to thumb b) index & middle finger to thumb.