

# Wrist exercises- The Beach Exercises 2019

10 minutes per day for the next \_\_\_\_\_ days



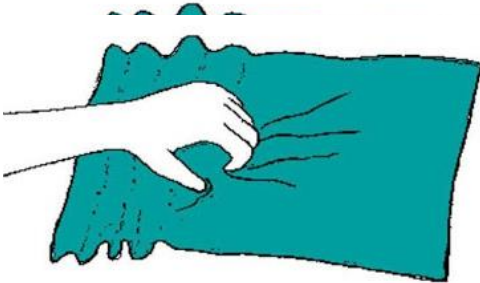
## **Beach Ball Wall Circles- Range of motion**

Taking a “Beach Ball” (or soccer ball, exercise ball, volleyball)

Make small circular motions with a straight arm -with the ball against the wall - 15 times in one direction and then 15 times in the opposite direction.

More advanced: Engages CORE and proprioception (balance)

Do while standing only on your right leg. Repeat while standing only on left leg. Repeat with standing on one leg and eyes closed.



## **Beach Towel Crumple- Wrist and Hand Strengthening**

Lay a “Beach towel” (or any towel) on a table flat.

Crumple the towel up into a ball using your fingers/hand/wrist until it is as small as you can make it

Lay it out flat again and repeat

More advanced: Once crumpled up- use your fingers/hand/wrist and attempt to straighten it back out



## **Beach Sand Hunting for Coins-**

### **Wrist and Hand Range of Motion and Strengthening**

Put “Beach Sand” (preferably uncooked rice or unpopped popcorn) into a bucket.

Hide coins (pennies, nickels, dimes, quarters) in the sand.

Go hunting for the coins using your wrist, hand, and fingers to dig.

Find all the coins and rehide them.