

Palmar Grasp (Fine Motor Skills)

Ball Squeeze

Using a small soft ball first squeeze with all fingers including thumb 20 times. Both hands, twice daily.



Finger to thumb Squeezes

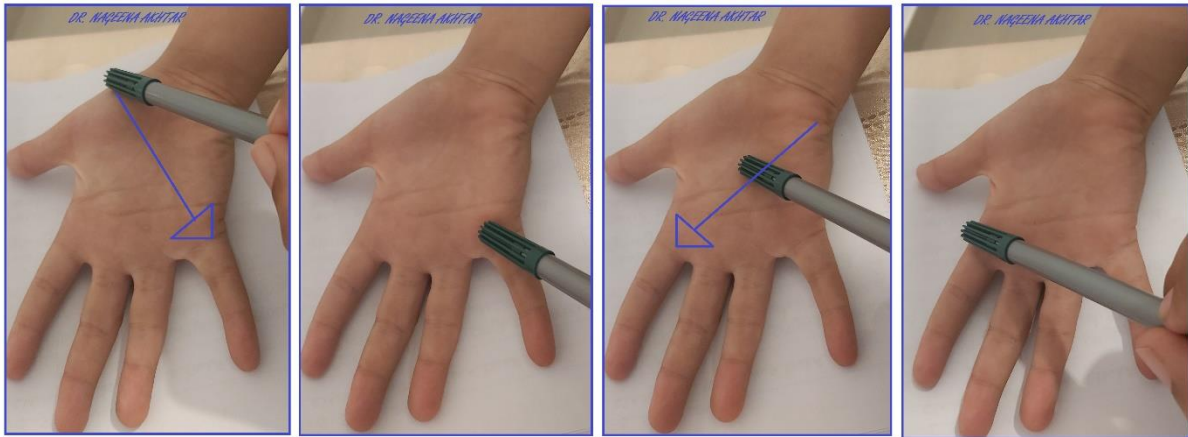
Then squeeze with each individual finger, moving from one to the other and back again. Do 20 squeezes for each finger. Both Hands twice daily.



Practitioners Advise:

Drawing, X's, Alphabets and Shapes

Using a brush or pen firmly stroke the palm in the shape on an X, continue to Draw X's 20 times or until you can no longer elicit the reflex. Repeat twice daily. Further integration can be done by drawing the letters of the Alphabet and Shapes and ask the child (eyes closed) to guess the shape and or letter/numbers.



Finger Taps/Squeezes

Ask child to firmly press each finger to the thumb, creating a circular shape (pincer grip) not finger pad pressed against one another. Repeat 5 times for each finger. Both hands twice daily.



Practitioners Advise:

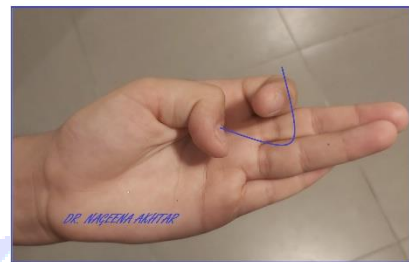


Wheel Barrow

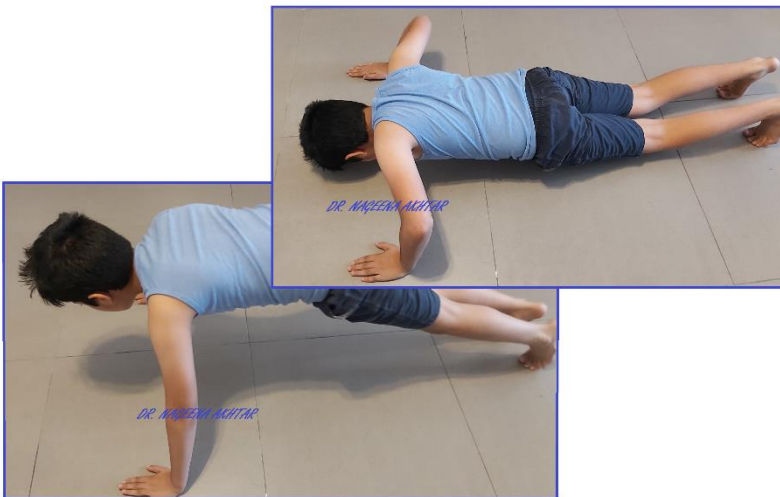
Wheel Barrow hold child above ankle and while keeping the spine straight ask child to 'walk' forwards using their hands. Do this for 1-2 minutes. Twice daily

Circling Thumb around Fingers

Ask child to use the thumb to circle **each** finger 3-5 times, try to avoid touching the finger. All fingers on both hands, twice daily.



DR. NAGEENA AGHTAR



Push Ups

Ask child to do push ups start with ONE push up twice daily and build by 1 push up each day up to 10-15 push ups twice daily.

- Day 1 One push up 2/day
- Day 2 Two push ups 2/day
- Day 3 Three push ups 2/day
- Day 4 Four push ups 2/day
- Day 5 Five push ups 2/day
- Day 6 Six push ups 2/day
- Etc.

Practitioners Advise: