

## Functional strengthening activities for the elbow, forearm, wrist and thumb for children with cerebral palsy

### **Elbow Extension** (activities that encourage arm straightening with items placed away from body)

Table hockey/air hockey	Bowling	Balloon volleyball
Badminton	Frisbee	Basketball
Throw a ball overhand	Swing a bat	Hang clothes up
Put on socks	Reach over head to put shirt on	Comb hair
Pull pants up and down	Zoom ball	Wheelbarrow crawl

### **Forearm Supination** (activities that promote forearm rotation from palm down to palm up)

Clapping games	“Pat-A-Cake”	Turn puzzle pieces over
Turn pages of a book	Blowing bubbles	“Give me five”
Unlock a door with a key	Turn playing cards over	Playing with a Slinky
Play with a puppet facing you	Throw a ball underhand	Carry dishes to the sink
Place a sticker on palm of hand and turn hand to see it	Pour water from one container to another	Put toothpaste on a toothbrush

### **Wrist Extension** (activities that promote lifting the hand up at the wrist)

Blow and pop bubbles	Throw a ball	Swing a bat
Use a rolling pin	Pull apart play dough	Stack cups
Crawl on all fours	Wheelbarrow walk	Scooterboard activities
Cat’s Cradle string game	Brush hair	Wash your face
Draw on a chalkboard or easel	Screw/unscrew container lids	Roll play dough into snakes

### **Thumb Abduction** (activities that promote lifting the thumb out and away from the hand)

Cut with scissors	Use tongs to pick up and drop cottonballs	Flick paper wads/marbles/checkers with thumb
Finger feeding	Color with wide tip markers	Squish play dough balls
Throw a tennis ball	Stack cones or cups	Hold a glass
Hold paper towel roll and insert blocks with other hand	Grasp pennies and put in a piggy bank	Look through binoculars/kaleidoscope/View-Master

Occupational Therapist \_\_\_\_\_

Date \_\_\_\_\_