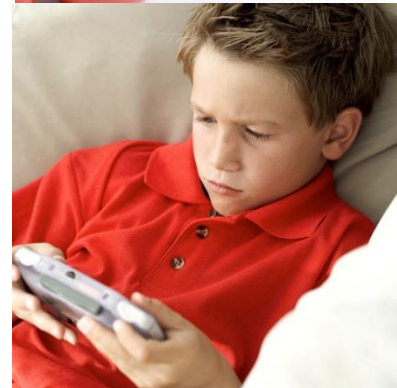


# Wrist Extension Strengthening

Activities that promote wrist extension:

- Blowing bubbles
- Stacking cups, blocks or other objects
- Screwing/unscrewing jars or container lids
- Working on an easel
- Reaching for objects above head
- Throwing a ball
- Stringing beads, large and small
- Swinging a bat
- Wringing out a washcloth or sponge
- Using a rolling pin or rolling dough into snakes
- Painting or drawing on paper that is attached to a wall or refrigerator
- Crawling on all fours
- Using a wrist wand
- Animal walks: walrus, crab, etc.
- Writing or coloring
- Wheelbarrow walk
- Balloon volleyball
- Playing or holding cards
- Cutting food or play dough with a knife
- Playing handheld games
- Scooter board activities using arms to propel
- Puzzles
- Cotton ball football or soccer
- Wall push-ups
- Cat's Cradle string games
- Zoom Ball
- Brushing hair or washing face
- Using shaving cream on a tiled wall



Therapist: \_\_\_\_\_ . Date: \_\_\_\_\_