

Hand Therapy Ball Exercises for Stroke Patients

February 6, 2017

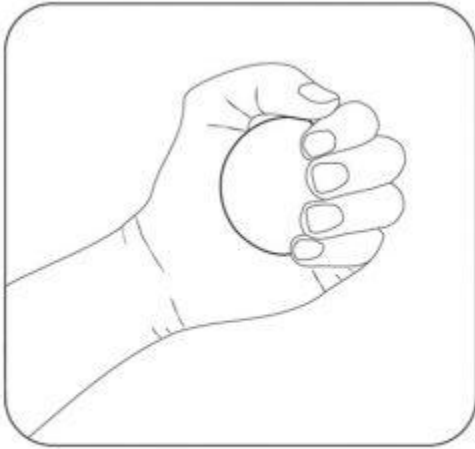


To increase strength and dexterity in your hands after stroke, hand therapy ball exercises are a great, affordable option. Although hand exercise balls are simple, there's a lot you can do with them to strengthen your hand.

Below, you will find 8 hand exercise ball exercises that come included in our [hand therapy ball set](#).

1. Power Grip

Squeeze the ball with your fingers and thumb.



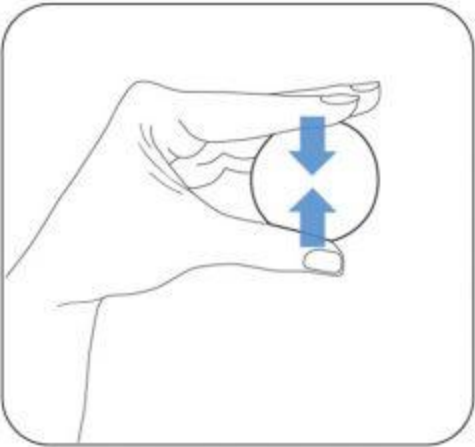
POWER GRIP

Squeeze the ball with your fingers
and thumb

Squeeze and release.

2. Pinch

Pinch the ball with your fingers and thumb extended.



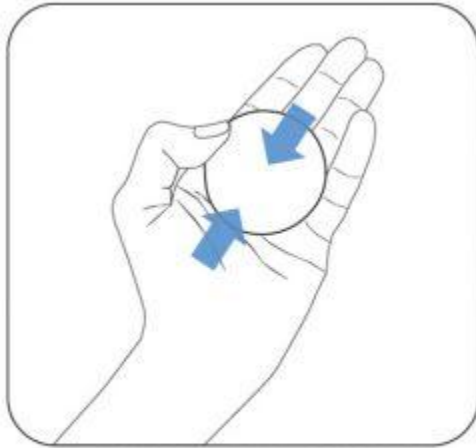
PINCH

Pinch ball with finger and thumb extended

And by extended, we mean keep all your fingers straight. This will help strengthen different muscles than the ones targeted by curled fingers.

3. Thumb Extension

Roll the ball up and down your palm by flexing and extending your thumb.



THUMB EXTENSION

Roll the ball up and down your palm by flexing and extending your thumb

With your palm flat (as flat as you can), place the therapy ball on your palm and use your thumb to keep it in place. Then, use your thumb to roll the ball up and down your palm. This movement really isolates your thumb.

4. Table Roll

Roll ball from tip of fingers to palm.

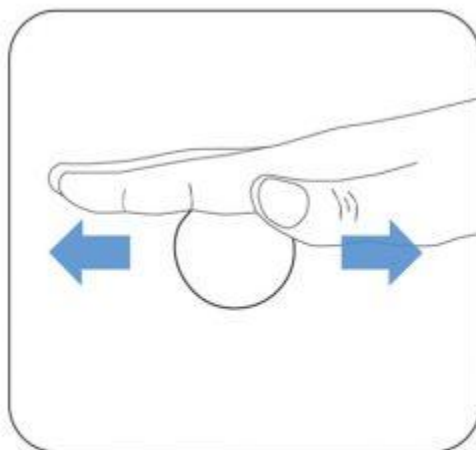


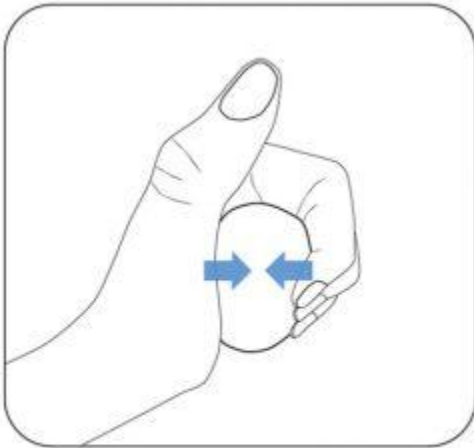
TABLE ROLL

Roll ball from tip of fingers to palm

Place the hand therapy ball on a table and place your hand on top of it. Then, while keeping a flat hand, roll the ball from the base of your palm up to your fingertips.

5. Finger Flexion

Press your fingers into the ball.



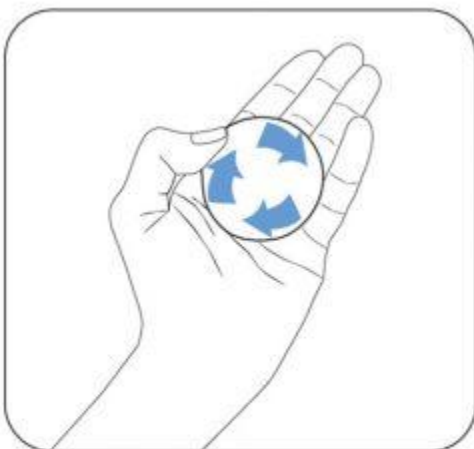
FINGER FLEXION

Press your fingers into the ball

Unlike the Power Grip exercise, you won't be using your thumb in this exercise. Instead, hold the therapy ball in your palm and press into it using all your fingers except your thumb. Press and release.

6. Thumb Roll

Roll the ball in a circular motion with your thumb.



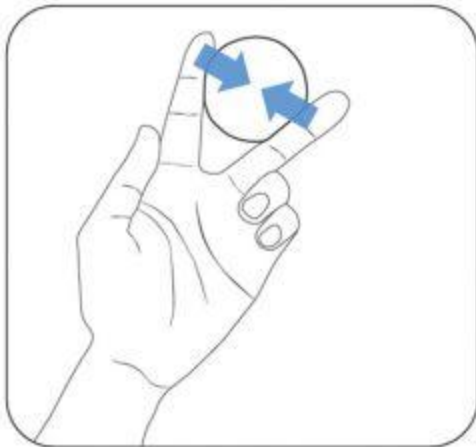
THUMB ROLL

Roll the ball in a circular motion
with your thumb

Here's another exercise that isolates your thumb. Place the therapy ball on your palm. Keep your palm as flat as you can and use your thumb to keep it in place. Then, use your thumb to roll the ball in a circle on your palm.

7. Finger Squeeze

Squeeze the ball with two fingers.



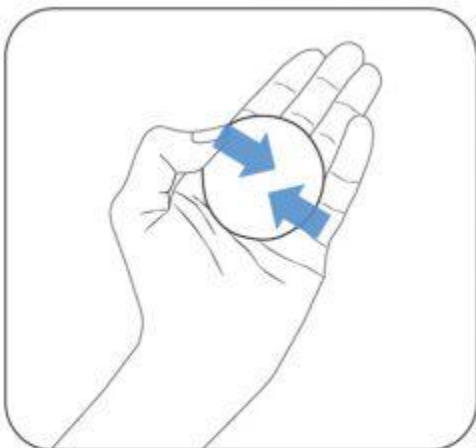
FINGER SQUEEZE

Squeeze the ball with two fingers

Place the therapy ball between two fingers and squeeze your fingers together. Squeeze and release. You can do this between any combinations of fingers, so be sure to exercise all your fingers! Some fingers will be more difficult than others (like your ring and pinky finger), and those are the fingers that could use extra attention.

8. Thumb Opposition

Use your thumb to roll the ball from the left to the right side of your palm.



THUMB OPPOSITION

Roll ball from left to right side of palm with your thumb

This exercise is similar to the Thumb Roll, but you will be rolling the ball side-to-side instead of in circles. So, place the therapy ball on your palm and use your thumb to keep it in place. Then, use your thumb to move the ball from left to right. This really isolates your thumb.

[Click here to download all of these exercises as a PDF.](#)

Affordable Stroke Therapy Balls



If you need a set of stroke therapy balls, we have you covered.

Check out our [hand therapy balls for stroke therapy \(with free shipping\)](#) here.

Flint Rehab Devices