

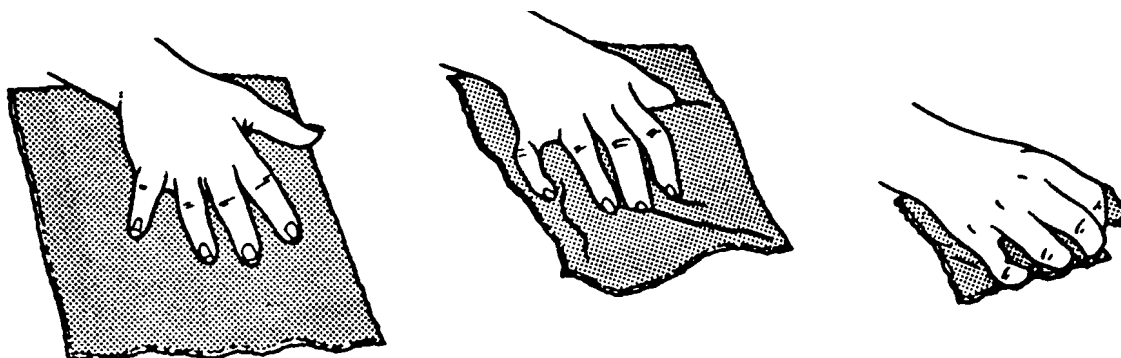
# Upper Extremity Coordination Exercises

## Lay on your back

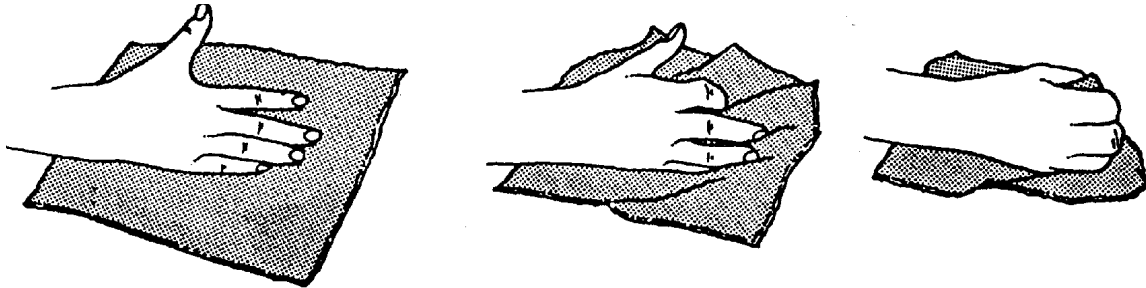
1. Bend one elbow and straighten the other at the same time. Repeat with the opposite elbow. Do \_\_\_\_\_ times.
2. Take your hand and touch your opposite shoulder. Then touch your head, nose and ear. Do this rapidly in that order. Repeat with your other hand. Do \_\_\_\_\_ times.

## Sitting

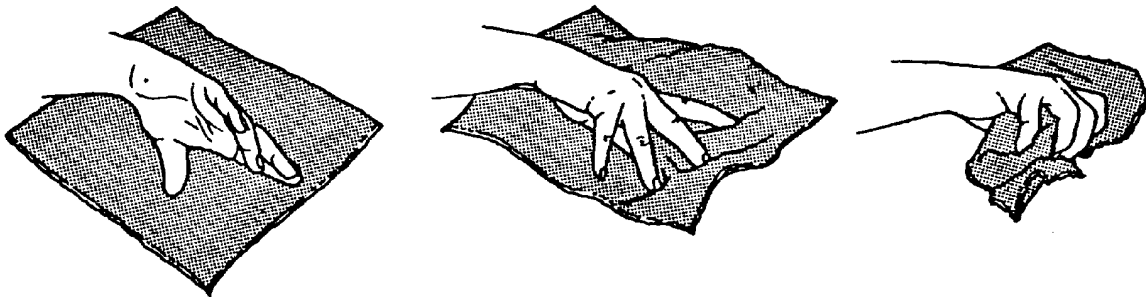
1. Touch the tip of your index finger to the tip of your nose. Do \_\_\_\_\_ times.
  - Touch your index finger to your nose with your eyes closed and then with them opened. Do \_\_\_\_\_ times.
  - Touch each finger tip to your nose. Do this in sequence.  
Do \_\_\_\_\_ times.
2. Touch the tip of your index finger to your ear, head and shoulder.  
Do \_\_\_\_\_ times.
3. Touch the tip of your index finger to the tip of the index finger on the opposite hand. Do \_\_\_\_\_ times.
4. Point to or touch various points on the wall with your index finger.
5. Open and close your fists on right then left hand. Do \_\_\_\_\_ times.
6. Spread your fingers apart and then together on each hand. Do \_\_\_\_\_ times.
7. Make circles by touching your thumb to the tip of each of your fingers.  
Do \_\_\_\_\_ times.
8. Put a wash cloth on a table in front of you. Hold it down with the palm of your hand. Use your fingers to push the cloth into a ball. Then, straighten out the wash cloth by pushing with your fingers. Do \_\_\_\_\_ times.



9. Put a wash cloth on a table and hold it down with the outside of your hand (pinky finger). Use your thumb and fingers to bring the wash cloth into a ball. Straighten out the wash cloth with your fingers. Do \_\_\_\_ times.



10. Hold down the wash cloth on a table with the thumb side of your hand. Use your fingers to bring the wash cloth into a ball. Straighten out the cloth with your fingers. Do \_\_\_\_ times.



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