



Finger Hand Exercises for Flexibility

These are great to do before and after handwriting tasks.

- 1. Finger Tapping:** Tap each finger against the thumb, one at a time, in a sequential manner. It improves finger isolation, coordination, and flexibility.
- 2. Finger Stretch:** Gently stretch each finger, holding for a few seconds before releasing. It promotes flexibility and helps alleviate stiffness in the fingers.
- 3. Thumb Opposition:** Touch the tip of each finger with the thumb, creating an opposition movement. It enhances fine motor control and thumb movement.
- 4. Wrist Flexor and Extensor Stretch:** Gently bend the wrist forward and backward, holding each position. It improves flexibility in the wrist joint.
- 5. Wrist Circles:** Rotate the wrist in circular motions, both clockwise and counterclockwise. It enhances wrist mobility and reduces stiffness.
- 6. Grip Strengthenener:** Squeeze a stress ball or soft object, hold for a few seconds, and then release. It strengthens the muscles involved in gripping and improves hand strength.
- 7. Finger Lifts:** Lift each finger individually, holding for a few seconds before lowering. It targets individual finger strength and control.
- 8. Finger Spread:** Spread fingers apart and then bring them together, repeating the motion. It enhances finger flexibility and coordination.
- 9. Thumb-to-Pinky Stretch:** Stretch the thumb to touch each finger, holding for a few seconds at each position. It improves thumb and finger coordination.
- 10. Hand Opening and Closing:** Open and close the hand fully, extending fingers and then making a fist. It promotes overall hand mobility and flexibility.

