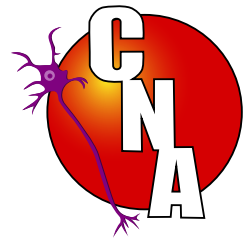


# Fine Motor Skills and Strengthening



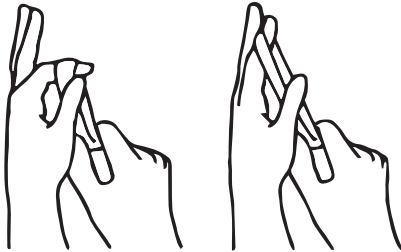
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Each exercise should be done in reps.  
Do not overexert yourself, instead aim for medium level fatigue.  
Try to repeat at least 3 times a week.

With any exercise remember to:

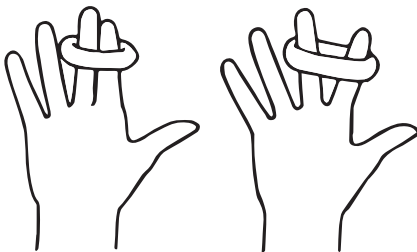
- Start slow
- Listen to your body
- Rest between each set

## Hands



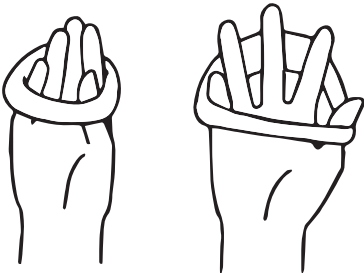
### Finger Extension

1. Wrap a band around one finger and hold the band down with your other hand, keep remaining fingers up as best as possible
2. Slowly raise your finger into an upward position
3. Slowly bend your finger towards your palm, concentrate on controlling the movement as best as you can
4. Repeat for each finger on both hands



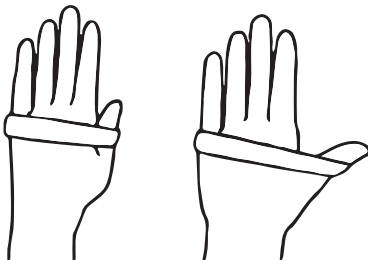
### Finger Extension

1. Wrap a band around two fingers side by side
2. Slowly separate the fingers from each other
3. Control the movement slowly bring the fingers back together
4. Repeat for each set of side by side fingers on both hands  
(Pointer/Middle Middle/Ring Ring/Pinky)



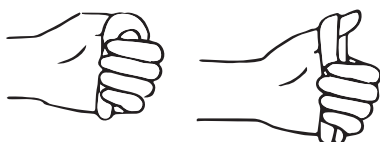
### Finger Abduction

1. Wrap a band around the hand and let it squeeze the fingers together
2. Slowly spread fingers and thumb away from each other
3. Bring back slowly
4. Repeat for each hand



### Thumb Abduction

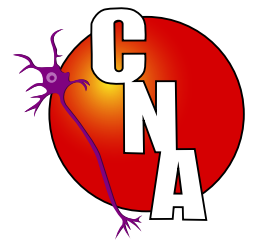
1. Wrap a band the hand and thumb with one end just below the knuckle of the pinky finger, and the other around the thumb
- Note:** The higher the band is positioned on the thumb, the harder the task
2. Slowly move the thumb outward from the hand
3. Slowly return the thumb to its original position
4. Repeat for each hand



### Thumb Extension

1. Wrap a band around the thumb, holding the other end with the fingers of the same hand
2. Slowly raise your thumb upward
3. Return your thumb to its original position with a slow, controlled movement
4. Repeat for each hand

# Fine Motor Skills and Strengthening



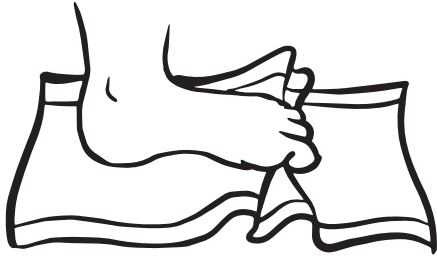
Each exercise should be done in reps.  
Do not overexert yourself, instead aim for medium level fatigue.  
Try to repeat at least 3 times a week.

With any exercise remember to:

- Start slow
- Listen to your body
- Rest between each set

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## Feet



### Scrunches

1. Place your foot on a towel or something similar
2. Flex your toes inward, this should cause the towel to bunch up beneath your foot
3. Relax your toes back into a resting position
4. Repeat for both feet



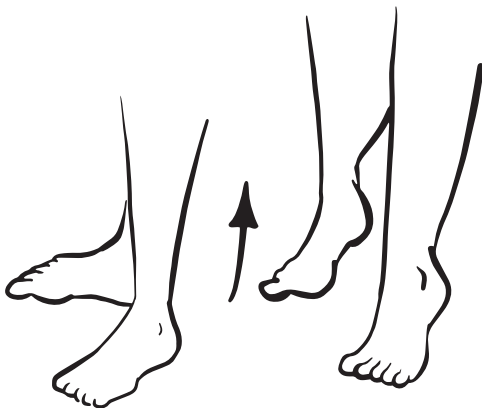
### Band Stretches

1. Wrap a band around one foot with the toes facing upwards
2. Slowly stretch the foot away from the body by pointing the toes forward
3. Bring the foot back into an upward position slowly
4. Repeat for each foot



### Range of Motion

1. Start with the foot at rest and the heel touching the ground
2. Slowly rotate toes in a circular motion
3. Rotate both clockwise and counter clockwise for each foot



### Heel Raises

1. Stand straight with feet shoulder width apart
- Note:** Make sure something is nearby to hold on to if balance is an issue
2. Raise both heels off the ground
3. Slowly bring the heels back down into the resting position



### Arch scrunches

1. Stand with the foot relaxed
2. Raise the arch (middle) of the foot
- Note:** Keep toes flat and touching the ground.
3. Relax the foot returning it to its original position
4. Repeat for each foot