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 this _____ times.
   • Touch your index finger to your nose with your eyes closed and then with them opened. Do this _____ times.
   • Touch each finger tip to your nose. Do this in sequence. Do this _____ times.
2. Touch the tip of your index finger to your ear, head and shoulder. Do this _____ times.
3. Touch the tip of your index finger to the tip of the index finger on the opposite hand. Do this _____ times.
4. Open and close your fists on right then left hand. Do this _____ times.
5. Spread your fingers apart and then together on each hand. Do this _____ times.

More on next page ➔
6. Make circles by touching your thumb to the tip of each of your fingers. Do this _____ times.

7. 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 outward with your fingers. Do this _____ times.

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

9. 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 this _____ times.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.