

Throwing - Underhand

Directions:

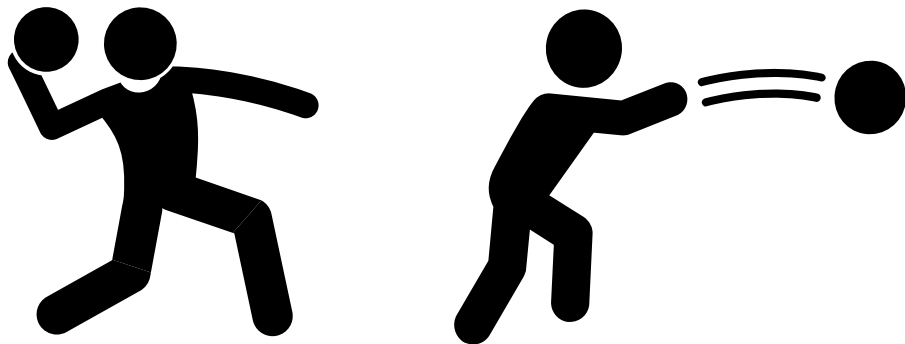
1. Ball in front of you
2. Swing back with preferred hand
3. Step forward with non-preferred foot
4. Toss and follow through after ball is released



Throwing - Overhand

Directions:

1. Non-preferred side to the target with ball in front of you
2. Make uppercase "L" with arms
3. Step with non-preferred foot
4. Twist
5. Throw and follow through after the ball is released



Jumping - Vertical

Directions:

1. Stand with side to the wall
2. With feet flat on the ground, reach the arm closest to the wall as high as possible (M1)
3. Mark the highest spot you can reach with tape or chalk
4. From the standing position, squat and jump as high as you can
5. Hit the wall at the highest point of your jump and mark the spot the same way you did earlier (M2)
6. Try 3-5 jumps and use your highest one
7. Subtract your standing reach from your jumping reach to get your vertical jump



Jumping - Long

Directions:

1. Run up before beginning the jump for an added boost
2. Takeoff phase: takeoff foot stays flat on the ground (opposite leg of dominant hand)
3. Flight phase: thrust free leg in front of body for as long as you can; bring your takeoff leg to meet your free leg in the air; bring arms forward towards your feet
4. Landing: bring your heels up and head down towards your knees as you land



Skipping

DIRECTIONS:

1. Step, Hop, Step, Hop
2. Opposite arm, Opposite leg
3. Alternate feet



Toe Touches

Directions:

1. Extend Arms
2. Bend at Waist
3. Touch Toes
4. Return to Neutral
5. Position

Adaptation:

Can be performed from a seated position.



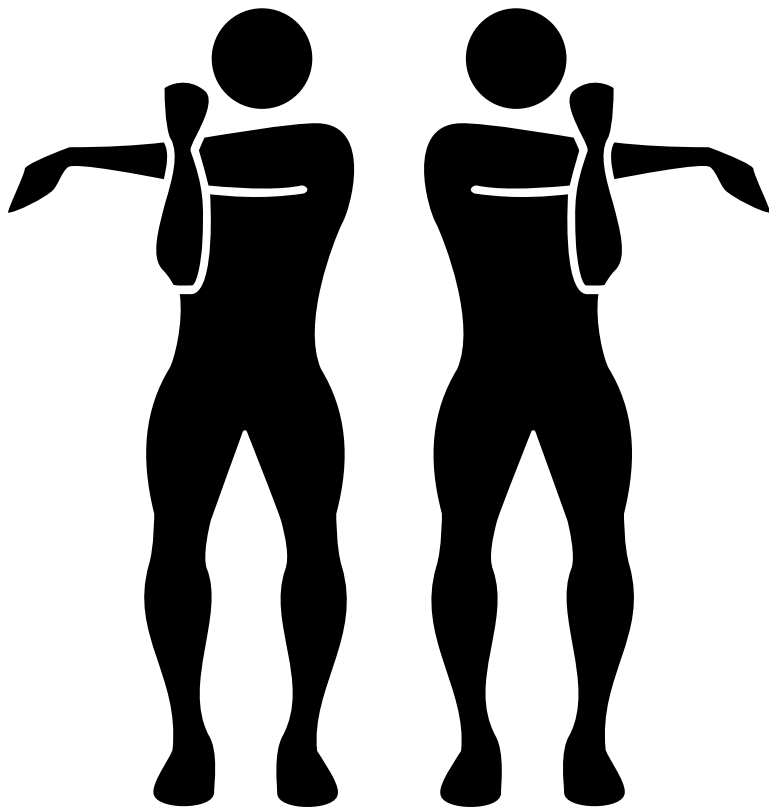
Side to Side Shoulder Stretch

Directions:

1. Straighten one arm
2. Grab that elbow and gently pull straight arm to chest
3. Hold for __ seconds
4. Release arm and repeat on other side

Adaptation:

Can be performed from a seated position.



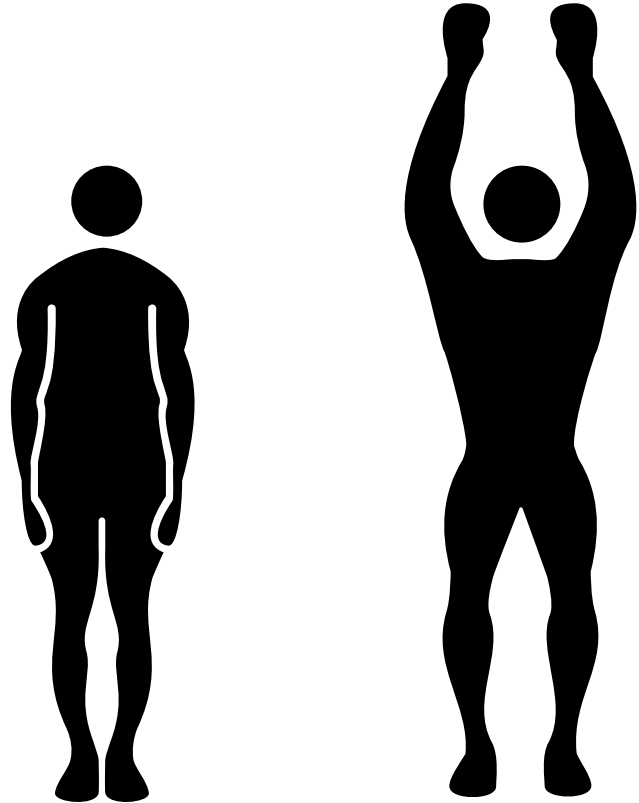
Reach to the Sky

Directions:

1. Bring both arms over head towards the ceiling
2. Eyes remain looking forward
3. Hold for ___ seconds
4. Return arms to neutral position

Adaptation:

Can be performed from a seated position and on a single-leg stand for progression.



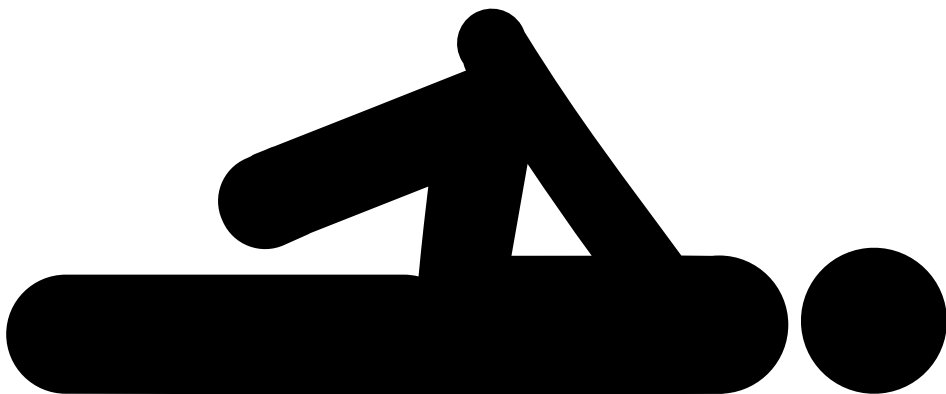
Pull Knee Towards Chest

Directions:

1. In neutral position, bring knees to chest
2. Hold for __ seconds
3. Return to neutral position
4. Perform with other leg

Adaptation:

Can be performed from a seated, standing, and lying on back position.



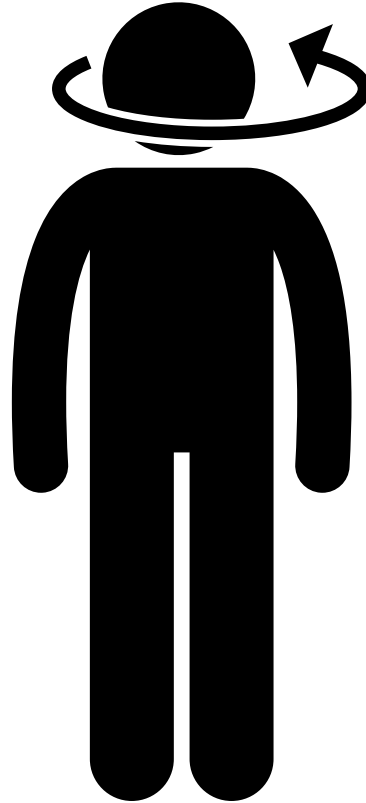
Head Rotations

Directions:

1. Begin with neck in a neutral position
2. Slowly rotate head towards the right
3. Hold for ___ seconds
4. Return head to center
5. Repeat on the right side

Adaption:

Can use hand to progress further stretch.



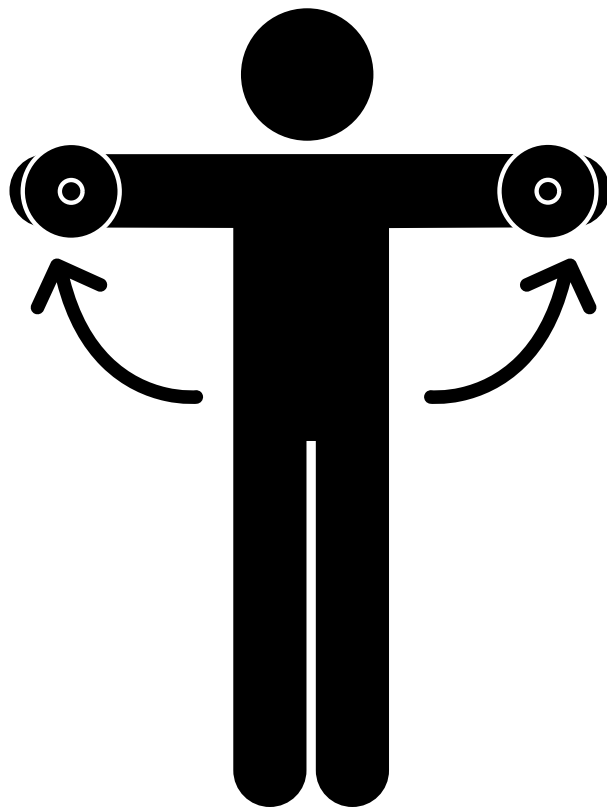
Weighted shoulder abduction

Directions:

1. Begin arms your side, palms facing your body
2. Keeping your arms straight, raise arms to the side until your hand is at the height of your shoulder

Adaptation:

Can be performed from a seated or standing position. Can be used with weights.



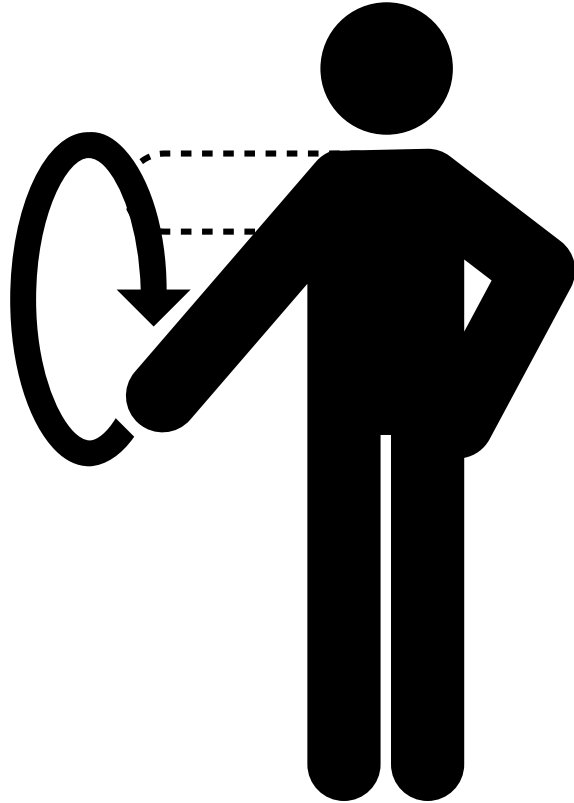
Arm Circumduction

Directions:

1. Make a T with your arms
2. Move your arms in a circle forward and backward

Adaptation:

Can be performed from a seated position.



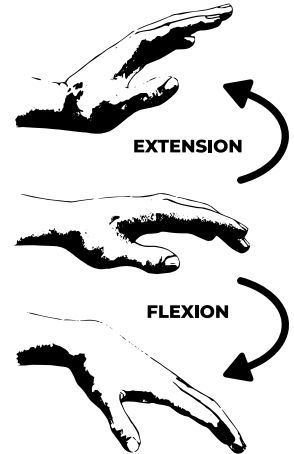
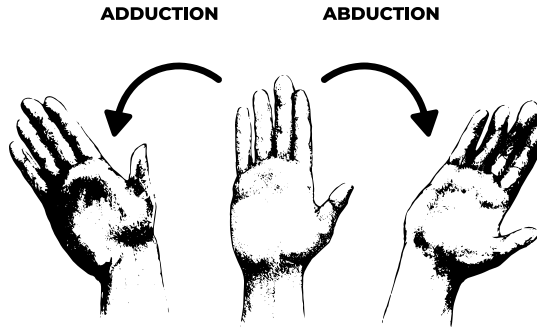
Wrist Alphabet

Directions:

1. With arm extended in front of body, keep arm still
2. Use flat hands to write the alphabet letter by letter

Adaptation:

Can be performed from a seated position. Can be completed with both hands at once or one hand at a time



Reaching Exercise

Directions:

1. PT holds object in front of patient, who reaches arm towards object and then returns to neutral position.
2. Repeat with object in new location

Adaptation:

Can be performed from a seated position.



Lateral Touches

Directions:

1. Begin with neutral spine and arms laying at your side
2. Reach with one arm down to the side and return to neutral position
3. Repeat on the other side.



Adaptation:

Can be performed from a seated, standing, or lying on back position.



Writing

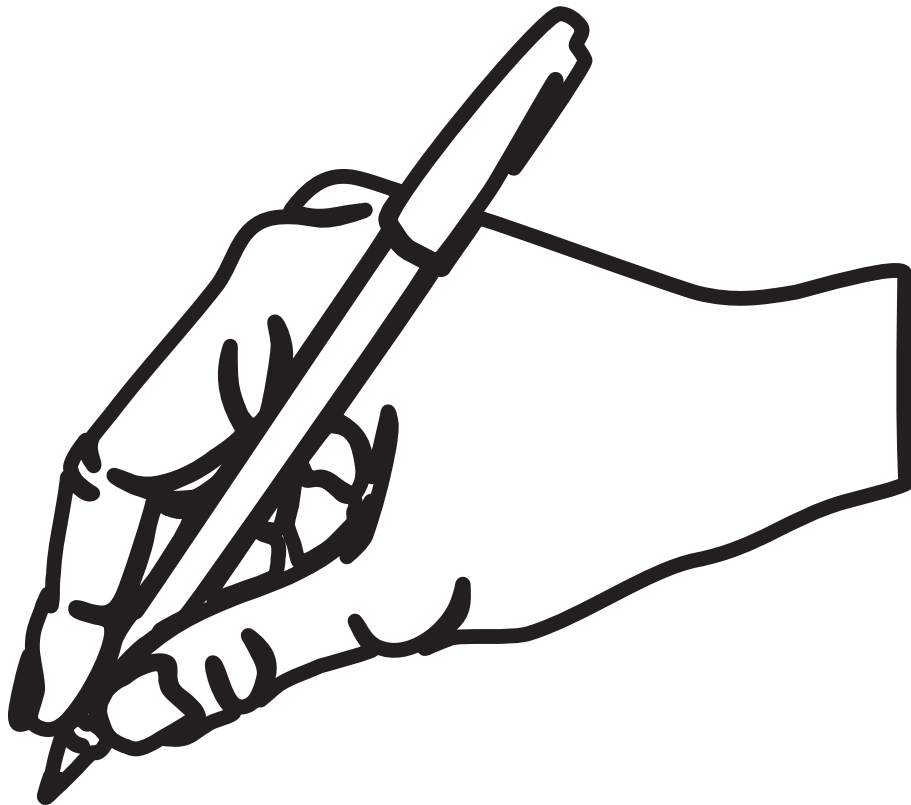
Directions:

1. Tripod grip with dominant hand
2. Use small, fluid motion of wrist
3. Start with capital letter
4. Stay within the lines

Tripod Grip:

1. Tall finger (side)
2. Thumb (pad)
3. Pointing finger (tip)

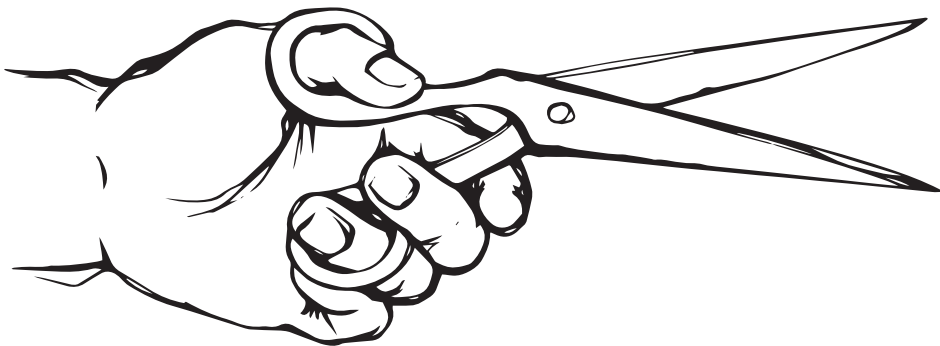
All fingers are slightly bent.



Using Scissors

Directions:

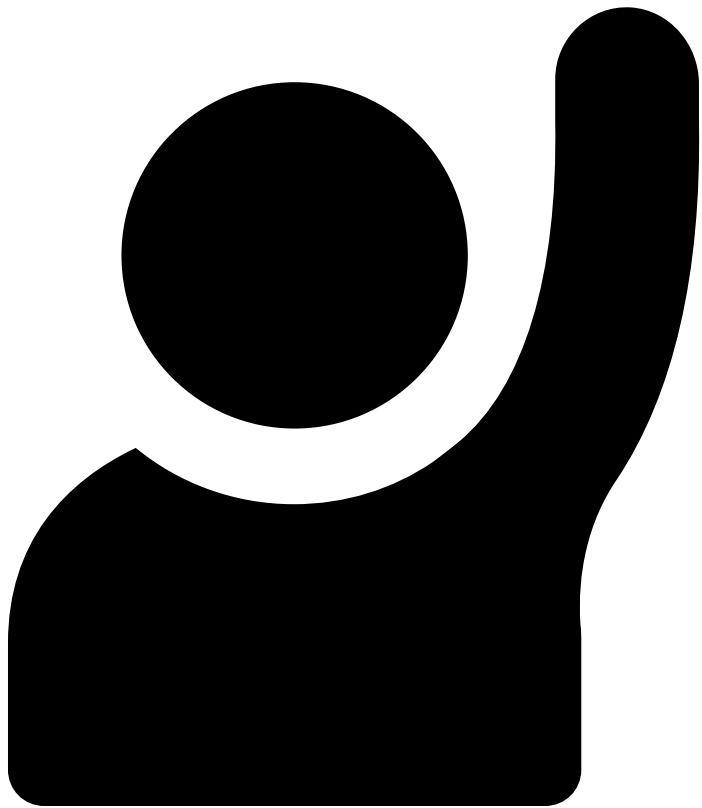
1. Place thumb in smaller loop
2. Place middle finger in bigger loop
3. Squeeze fingers together and apart to cut
4. Follow the line on the paper to continue to cut



Raising Hand

Directions:

1. Push arm up into the air
2. Keep arm close to body
3. Keep hand up until called upon



Sitting to Standing

Directions

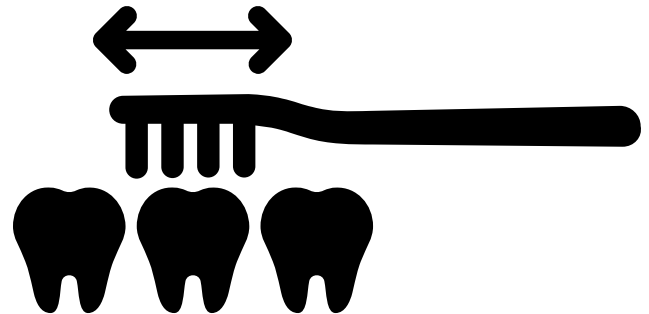
1. Scoot hips up to the edge of the chair
2. Bring toes back underneath knees
3. Use arms to push off the chair or off of knees
4. Lean forward a little to bring nose over toes and push up with legs to a standing position



Brushing Teeth

Directions:

1. Unscrew toothpaste
2. Squeeze toothpaste onto top of toothbrush
3. Gently brush teeth using a forward and backward motion



Frustration

Are you feeling frustrated?

- Do you feel like you can't achieve a goal?
- Is there something blocking your intentions?

