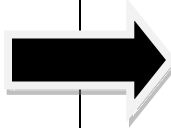


Fine Motor Exercises for Parkinson's Patients

1.



Bring elbows to your waist, forearm up, palm up, and tight fist.

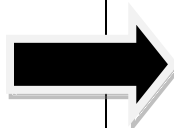


Extend your arms out straight in front of you, forearm facing downward, palm facing forward, wrist extending back, and fingers spread out.

2.



Extend each finger straight and palms facing each other.



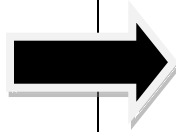
Alternating tapping the pad of each finger with thumb (index, middle, ring, pinky). Extend each finger at end of mvmt.

Fine Motor Exercises for Parkinson's Patients

3.



Arm out in front of you, elbows straight, forearm facing down, wrist extended back, and fingers spread out.

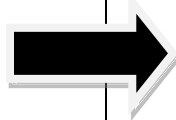


Arm out in front of you, elbows straight, forearm facing down, wrist drops down, and fingers still spread out.

4.



Arm out in front of you, elbows straight, forearm up, palm up, and fingers spread.



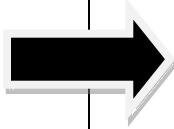
Arm out in front of you, elbows straight, flip forearm to facing outside, thumb down, and fingers spread.

Fine Motor Exercises for Parkinson's Patients

5.



Bending fingers and thumb at the top of hand. No fist.



From extended position of fingers, spread fingers out and then back in.

6.



Fingers spread out.



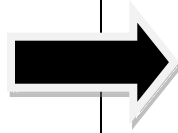
Fingers bend down 90 degrees, thumb takes a break, and fingers back to spread out.

Fine Motor Exercises for Parkinson's Patients

7.



Extend fingers down, thumb at rest. No Fist.



Open hand and spread fingers.