www.drdeepali.in

Dr Deepali's daily 45 min home program for upper limb and hand strengthening, endurance and proximal stability: part i

A max of 45 min a day at home. Avoid small toys. Have fixed time slots. If possible use timers with alarms to change the activity.

Date >							
Activity count 20							
Fist boxing push me toys or pillows							
Hand pat/clap hi5/up down sides stimulating							
palms							
Hand/wrist punch							
Push the wall							
Writing on a vertical board in standing							
Fist in jar with grains							
Squeeze the dough in jar							
Lift the bar with hands held on a bar							
Bear walk							
Frog jumps							
Pass the heavy basket ball over head front and							
back							
Crab walk							
Wheel barrow: Lifting legs while crawling for walk on hands							
catch catch games in sitting							