

Top Tips.

Sensory – Engaging the sense of touch

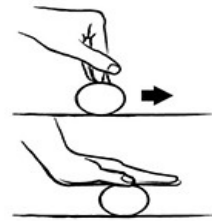
“Touch is a mutual thing”

These simple exercises with a ball are fun and inclusive to all. Benefits include supporting dexterity, hand strength and overall movement. Over time this can stimulate better circulation, reducing stiffness and improving flexibility.

These exercises can be a great way to promote breathing. As you move the ball up or down a part of the body, either inhale or exhale.

Rolling

Place a stress ball on the table. Roll the ball by curling your fingers towards your palm and hold for 3-5 seconds, then extend your fingers and hold for 3-5 seconds. Repeat 10 times with both hands.



Palm press

Place a stress ball in between your palms, keeping your forearms in a vertical position. Press and hold for 3-5 seconds, then relax. Repeat 10 times



Pinch Grip

Pinch a stress ball between your thumb and the tips of your fingers. Hold for 30-60 seconds. Repeat 10 times with both hands.



Thumb press

Place a stress ball in your palm. Press it with your thumb pointing towards your little finger and hold for 3-5 seconds, then relax. Repeat 10 times, rest for 1 minute and repeat with the other hand.

