

# Activities to Develop Wrist Stabilization in Extension

Wrist stabilization supports the arches of your hand to allow your fingers to move a pen or pencil.

These activities help you develop this stabilization:

- Playing with a LiteBrite®
- Painting on a vertical surface
- Taking shaving cream off a mirror
- Using a vertical pegboard
- Pulling, pushing, or rolling small balls of Theraputty®
- Pounding a hammer
- Placing puzzle pieces on a vertical surface
- Knocking on a door or wall
- Shaking rattles, toys, or musical instruments
- Playing with hand or sock puppets
- Coloring while lying on your stomach
- Placing Colorforms® on a mirror or felt pieces on a felt board
- Batting at a light ball or balloon
- Rolling play dough to make a snake
- Turning pretend keys or door knobs
- Using an Etch-a-Sketch®
- Drawing on a chalkboard or dry-erase board
- Doing computer keyboarding
- Playing the cat's cradle string game
- Playing baseball, tennis, badminton or hockey
- Stringing beads
- Playing with Legos® /Duplos®
- Holding onto a scooter handle

**Ask your therapist if you have any questions about the activities listed above.**

Ideas adapted from Mary Benbow's hand skills.

Make An Appointment [651-290-8707](tel:651-290-8707) Refer a Patient [651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).