

Egzèsis Kowòdinasyon Ekstremite Siperyè

Fè egzèsis ki make anba a. Fè chak egzèsis _____ repetisyon, _____ fwa nan yon jou. Chita ak bon pozisyon.

Egzèsis

- Touche pwent dwèt endèks ou nan nen ou ak je ou louvri, epi apre sa, fèmen yo.
- Touche pwent dwèt endèks ou nan pwent dwèt endèks la sou men an opoze.
- Plwaye yon koud pandan w ap rale lòt la dwat an menm tan. Chanje bra epi eseye ogmante vitès mouvman an.
- Louvri epi fèmen pwen men dwat ou. Repete ak men goch ou. Apre sa, altène ant men dwat ak men goch pandan w ap eseye ogmante vitès.
- Gaye dwèt ou epi rasanble yo sou chak men.
- Fè yon "O" pa manyen pwent dwèt ou ak gwo pous ou. Repete ak chak dwèt.
- Pran men ou epi manyen zepòl ki sou lòt bò a. Apre sa, manyen tèt ou, nen ou ak zòrèy ou. Fè sa vit epi swiv lòd la. Repete ak lòt men ou.
- Sèvi ak yon boul tenis oswa nenpòt lòt ti boul. Fè boul la sote oswa woule soti nan men a men pou ogmante vitès ak presizyon. Apre sa, eseye sèvi ak yon sèl men pou rebondi ak trape boul la anba li. Lè sa a, eseye trape soti sou tèt boul la. Travay jiskaske ou kapab trape 10 fwa youn apre lòt.
- Tape dwèt oswa men sou tab sou mizik epi eseye kenbe ritm epi chwazi chante ki pi vit ak tan.
- Fè egzèsis la mache:
 1. Mete yon sèvyèt oubyen ti banyon sou tab la devan ou.
 2. Sèvi ak men ou oswa dwèt ou nan yon moman pou rasanble sèvyèt la anba men ou.
 3. Apre sa, sèvi ak dwèt ou ansanm oswa yonn pa yonn pou pouse sèvyèt la tounen jiskaske sèkèy la retounen nan pozisyon li te kòmanse.



Upper Extremity Coordination Exercises - Haitian Creole

Upper Extremity Coordination Exercises

Do the marked exercises below. Do each exercise _____ repetitions, _____ times a day. Sit with good posture.

Exercises

- Touch the tip of your index finger to your nose with your eyes open, and then with them closed.
- Touch the tip of your index finger to the tip of the index finger on the opposite hand.
- Bend one elbow while straightening the other at the same time. Switch arms and try to increase speed of movement.
- Open and close your fist on right hand. Repeat with your left hand. Then alternate between right and left, while trying to increase speed.
- Spread your fingers apart and then together on each hand.
- Make an “O” by touching the tip of your finger to your thumb. Repeat with each finger.
- Take your hand and touch your opposite shoulder. Then touch your head, nose, and ear. Do this rapidly in that order. Repeat with your other hand.
- Use a tennis ball or any other small ball. Bounce or roll the ball from hand to hand working to increase speed and accuracy. Then try to use just one hand bouncing and catching from underneath the ball. Then try to catch from the top of the ball. Work until you can catch 10 times in a row.
- Tap fingers or hands on table to music and try to keep rhythm and choose faster songs over time.
- Do the towel walking exercise:
 1. Put a hand towel or small bath towel on the table in front of you.
 2. Use your whole hand or one finger at a time to gather the towel up under your hand.
 3. Next, use your fingers together or one at a time to push the towel folds away from you until the towel is back to the starting position.

