

Fine and Gross Motor Activities

Ankle and Foot Stretching Wrist and Hand Stretching



May 20, 2020





Lesson: May 20, 2020

For All Ages and Abilities

Learning Target:

Stretching Basics

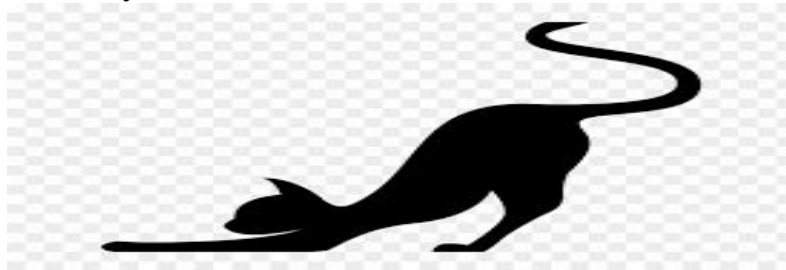
Learn Ankle, Foot, Wrist and Hand Movements

Sensory Input



Background:

- **Flexibility and strength** provide the basic building blocks for movement, posture, bone development and heart strength.
- **Stretching** our muscles improves or maintains our range of motion, allowing us to do our everyday activities.
- Most of us can ***stretch ourselves***, like when you stand up and yawn and reach your arms up overhead. Some of us, due to injuries or physical limitations, ***need help to stretch***.





Stretching Basics

- **Don't stretch too far**, especially in the beginning
- **Hold a stretch** in a comfortable position for 15-30 seconds
- **Breathe** slowly and deeply
- **Do not bounce** a stretch.
Bouncing a stretch causes your body to tighten the very muscles you are trying to stretch
- **Consciously relax** the muscles being stretched
- **Stretch** within your own **limits**
- **Stretch** any time of day.



Stretching will make you feel better!



How About Them Tootsies!

Our feet and ankles are amazing! Loaded with the ability to feel big and tiny changes in texture, temperature, hardness (sidewalks) and softness (squishy mud). Our ankles can move all around, letting us move over almost any slope in any direction. We use our feet to balance, for starting and stopping, for jumping and landing, walking, running, skipping, dancing. For most of us it's how we touch the Earth, how we know up from down. There are even people who have had to learn to write, feed themselves and do other things we do with our hands, using only their feet! **Hang Ten!**

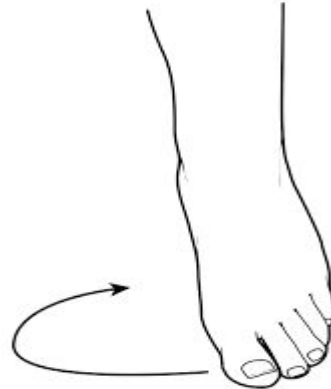




Calf Stretches: Flexibility is the Key

The muscles on the back of our lower legs are big and powerful.

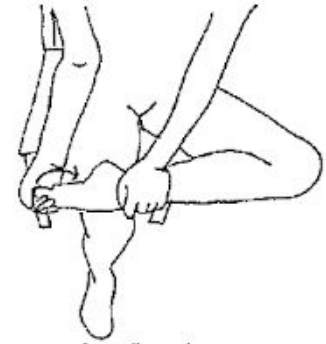
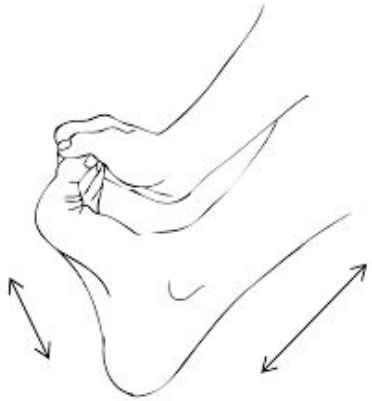
They allow us to walk, run and jump. The muscles on the front and sides of our lower legs allow us to pick up and turn our toes so we don't trip or stumble. So like the pictures below we need to stretch the big ones in back a lot and just do a lot of ankle movements for the muscles on the front and sides of the lower legs.





The human foot has 26 bones, 33 joints, more than 100 muscles, tendons and ligaments, lots of nerve endings and close to 125,000 sweat glands (eww! explains a lot of sweaty socks). It's a very complex and durable part of us, so let's take care of them.

Sit down and pull your foot up in your lap or onto where you're sitting and *move and stretch everything you can reach on your foot*. Bend your toes both ways, work your fingers between your toes, grab your foot and twirl it around one way and then the other. When you're getting clean wash your feet well all over just like we've learned to wash our hands.





Passive Stretching

If you need to help someone stretch, get close enough to them so you can give them a good stretch while protecting your back. As you move a foot and ankle into a stretch, carefully move it until you feel resistance. This is the end of their comfortable range of motion, so back off just a bit and hold that comfortable stretch for 15 to 30 seconds.



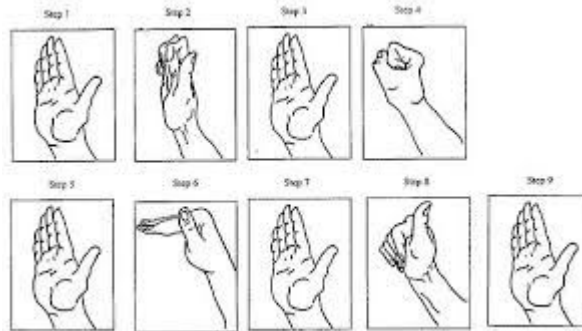
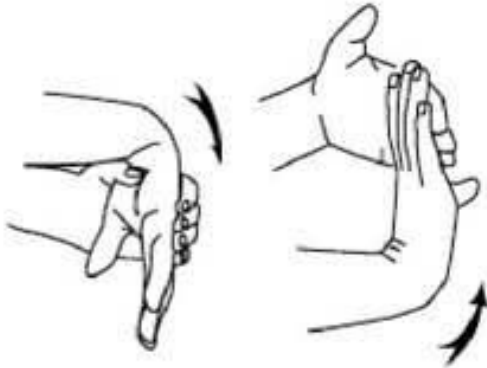


Give yourself a hand!

Hands are marvelous! Every type of movement we need - from picking up the tiniest objects to catching a basketball, holding a feather or picking up a heavy rock, writing with a pencil or driving in a nail with a hammer, gaming or grabbing, making music to making lunch - uses our hands, and we have two of them! You know how to take care of the skin layer, so let's learn how to keep them flexible.



[Hand Exercises Video](#)



Wrist and Hand Stretches: Seated or standing

Praying position stretch: Place your forearms together in front of you, touching from the elbows to the palms (hands by your face). Keeping palms pressed together, slowly move your elbows apart, lowering your hands down your chest to your stomach. Hold for 15 to 30 seconds.

Extended Arms: Hold your right arm straight out, at shoulder level, *palm facing down*. Let the wrist drop and use your left hand to pull the hand towards you in a gentle stretch. Hold for 15 to 30 seconds and repeat for the left hand. Next, with the right arm out straight again, *this time with the palm up*, let the wrist relax and drop and use your left hand to pull your right hand and fingers back toward you in a gentle stretch. Hold for 15 to 30 seconds and repeat for the left hand.

Remember!
Wash Your
Hands





Thumbs Up!



Make your right hand into a fist with the thumb up. Wrap your left hand around your right thumb, and giving light pressure with the left, push the right thumb forward and down and hold for 15 to 30 seconds. Then keeping the fist use your left hand to pull the right thumb back towards your body in a gentle 15 to 30 second stretch. Repeat for the left hand.





Passive Stretching

Not all parts of a body will have full range of motion, but maintaining even a partial range can be very functional. Move the parts slowly and tell the person you are stretching what you are doing, asking them to help by relaxing. Some hand lotion and a gentle but firm massage can be a good warm up. When you get to a stiff end feel in a movement, back off just a bit and hold for 15 seconds and then see if you can get a little more movement. Think about how your own hands move, that can be a guide for knowing the amount of movement possible in a particular joint and maintaining someone else's movement.

