UE Strengthening Exercises:



- Wheelbarrow crawl around the house
- Crabwalk
- Tug-of-war games
- Pushing weighted baby strollers/grocery carts (may add weighted toys to cart)
- Placing light weights around wrists with velcro straps during play activities
- Carrying toys around house
- Hammering or pounding toys
- Throwing/Catching Games (baseball with different weighted bats or balls)
- Swimming
- Table/Board Games with arm weights on