

POWER GRIP

BODY

Having the strength to grip can impact the everyday lives of seniors. Seniors can do this squeezing exercise with a tennis ball while watching TV:

1. Hold a tennis ball or other small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10 - 15 times.
5. Repeat 10 - 15 times with the other hand.
6. Repeat 10 - 15 times more with each hand.

Encourage your senior to incorporate this skill by opening a jar of pickles or olives. Or suggest playing fetch with the dog before naptime. Keep hands and fingers limber by folding towels or the laundry.



Source: National Institute on Aging