

4. Thumb Press in Palm

This stroke is a maintained pressure into the palms.

The stroke

Press your thumbs into the pads of the palm under the thumb and little finger. Maintain pressure for at least 3 to 5 seconds.



Clinical Implications—This stroke is useful for children with predominant fisting/retention of grasp reflex. The goal is to achieve hand-opening. It is important to maintain the integrity of the hand arches while providing pressure. It also is important to elongate the web space, as you are doing this stroke to preserve opposition in the hand.