

| <b>Exercise</b>                                                  | <b>Description</b>                                                                                                                                                                                                                                                                                                                                                                                   |
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| <b>Finger Flexion and Extension Exercises</b>                    | The participant sits facing the table, places their arm on the table with the palmar side of the hand in contact with the surface, and attempts to flex and extend each finger individually.                                                                                                                                                                                                         |
| <b>Wrist Flexion and Extension Exercises in Sitting Position</b> | The participant sits with the forearm and palmar side of the hand placed on the table. The forearm is stabilized by the therapist while the wrist completes flexion and extension movements with relaxed fingers.                                                                                                                                                                                    |
| <b>Elbow Flexion and Extension Exercises</b>                     | The participant sits upright with the forearm in supination and the upper arm stabilized. The forearm is flexed toward the shoulder to complete the flexion movement. While lying supine, with the shoulder in 90-degree flexion and full external rotation, the elbow is fully flexed. The forearm is lifted to lock the elbow and complete the extension movement.                                 |
| <b>Bolt and Nut Task</b>                                         | The participant must unscrew and reassemble nested nuts on a platform using the affected hand.                                                                                                                                                                                                                                                                                                       |
| <b>Velcro Hand Task</b>                                          | The participant removes adhesive objects from a platform and places them on the table, then attempts to reattach them to the platform.                                                                                                                                                                                                                                                               |
| <b>Nine Hole Peg Task</b>                                        | The participant performs the Nine-Hole Peg Task, placing and removing small pegs from designated holes as quickly and accurately as possible to improve fine motor skills, hand dexterity, and coordination.                                                                                                                                                                                         |
| <b>Soda Bottle Cap Transfer Exercise</b>                         | One such exercise involved transferring soda bottle caps from one container to another. Participants were instructed to grasp the caps with their fingers, lift them in a controlled manner, and place them into the target container. This activity was designed to enhance finger grip strength, hand-eye coordination, and fine motor control by promoting precise and deliberate hand movements. |



**Supplementary Figure 1.** Neurodevelopmental Therapy Group Exercise Program