Grip ball in palm. Turn hand in so it faces down. Squeeze the ball in the palm. Hold and relax. Repeat.

Place ball in the palm of the hand. Keep between thumb and finger being exercised. Squeeze thumb and finger together. Hold and relax hand. Repeat.

Place the ball on a table. Put tips of fingers on the ball. Roll the ball outward on the table. Repeat.

Place the ball in the palm of the hand with fingers pressed into the ball. Push fingers into the ball as you are bending your fingers. Hold and then relax. Repeat.