

## Hand & Finger Strengthening

The muscles in the hand help to control the fingers and thumb for refined movements, for example with tool use, handwriting, dressing skills and manipulation skills.

When the muscles within the hands are weaker it can result in reduced coordination of the hands and fingers impacting upon fine motor development, and overcompensation of the forearm and shoulder.

Theraputty works on fine motor skills, strengthening the muscles of the hands and manipulation skills of the fingers:

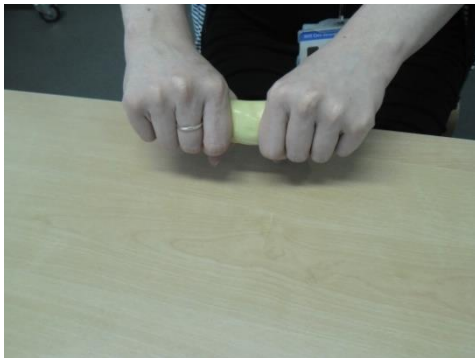
Soft strength is an appropriate level to start with, this is usually yellow but colours may vary. You can search on the internet for this using “therapy putty” or Theraputty” in a search engine.

### Theraputty Activities

Please ensure that adult supervision is given when completing these activities. Theraputty should be kept in an air tight container. Please wash hands before and after use.

#### Grasp

- Grasp one end of the putty with each hand. Slowly pull arms and hands apart until the putty is stretched thin and then put it back together and pull is again. Keep it over the table when stretching and don't let the putty split in half.

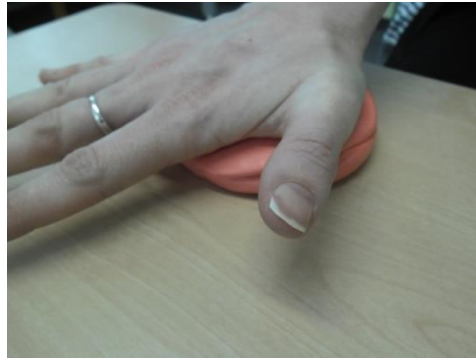


- Squeeze the putty 10-20 times using alternate hands, keeping the shape of the ball. Make sure that all fingers and the thumb are included and practice rolling the putty into a ball against the table.



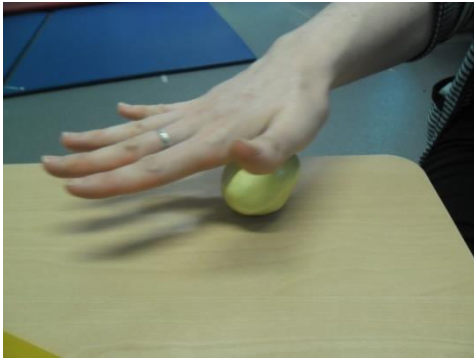
## Pressing

Flatten the ball with the palm of the hand into a flat pancake. Try this with two hands (one hand on top of each other) and then with each hand.



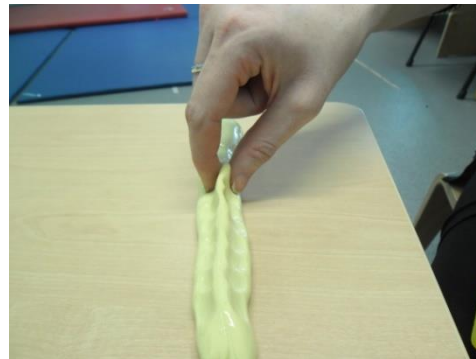
## Rolling

- Slowly roll the putty using your fingers and palm of the hand on the table, up to 10 times. Then try and roll the putty between your fingers



## Tripod Pinch

- Pinch the putty using the skilled fingers (thumb, index and middle finger)



- Hide small objects (pegs, marbles etc.) in the putty. Pull apart to find 'hidden treasures'

