



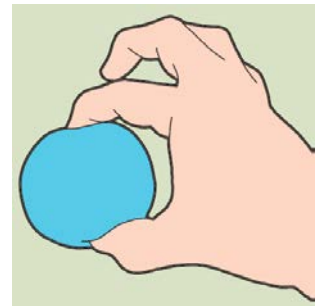
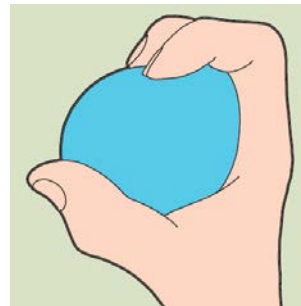
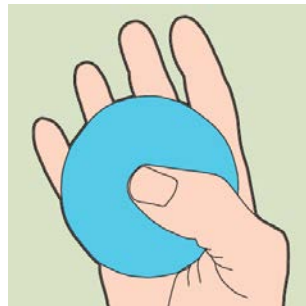
NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

Hand strengthening exercises using a soft ball: information for children and young people

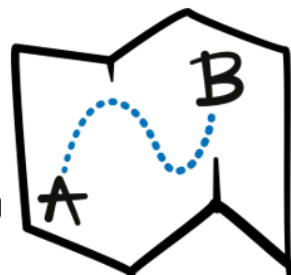
Your hands contain lots of muscles and joints, held together with tendons and ligaments. Like every other part of your body, they need to be exercised regularly to help them get strong and stay strong. This information sheet from Great Ormond Street Hospital (GOSH) describes the exercises provided by your Occupational Therapist (OT).

- Try to spend 10 to 15 minutes doing all the exercises your OT has ticked below, at least for five days a week.
- Squeeze the ball evenly, counting to 5 for each exercise
- Carry on doing the exercises for several months.
- Strengthening your hands will help you with activities such as writing, dressing and using cutlery that children and young people tell us is a struggle.



1. Slowly squeeze the ball, bending the tips of your fingers and thumb.
2. Slowly bend the tip of your thumb into the ball towards your little finger.
3. Bend the tips of your fingers into the ball, keeping the back of your hand straight.
4. Squeeze the ball slowly, bending the tips of your thumb and each finger in turn.

If you have any other ideas for playing with putty to make your hands get strong and stay strong, tell your Occupational Therapist (OT).



You could keep a diary or star chart so you can see how you are doing – here's an example but you could design your own.

	Date	Exercises done				Time taken
		1	2	3	4	
	EXAMPLE	1 😊	2 😊	3 😊	4 😊	20 minutes
1						
2						
3						
4						
5						
6						
7						
If I do all my exercises for at least 15 minutes every day for the week, I will have earned ...						
Write your reward here						

