



NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

Hand strengthening exercises using exercise putty: information for children and young people

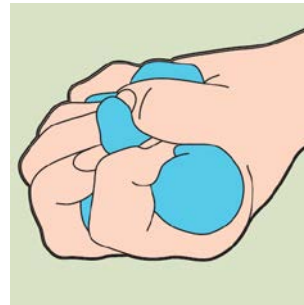
Your hands contain lots of muscles and joints, held together with tendons and ligaments. Like every other part of your body, they need to be exercised regularly to help them get strong and stay strong. This information sheet from Great Ormond Street Hospital (GOSH) describes the exercises provided by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

Exercise putty is a special type of squidgy material that you can use to help your hands get stronger.

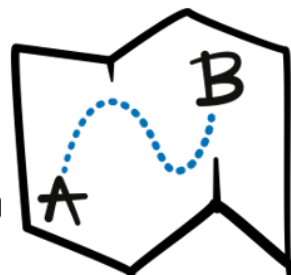
It is suitable if you have allergies and comes in different colours to show the squidginess of the putty.

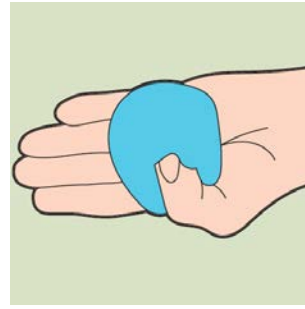
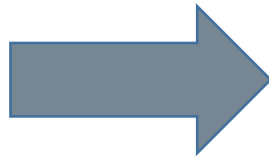
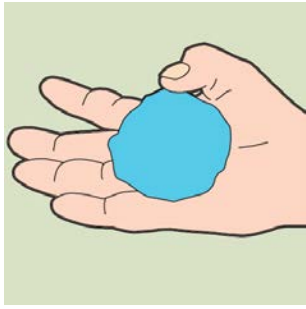
- Try to spend 10 to 15 minutes doing all the exercises your OT has ticked below, for at least five days a week.

- Squeeze the exercise putty evenly, counting to five 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.

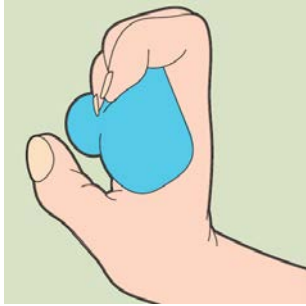


1. Slowly squeeze the putty, bending your fingers and thumb at the tips

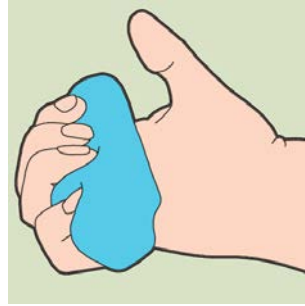




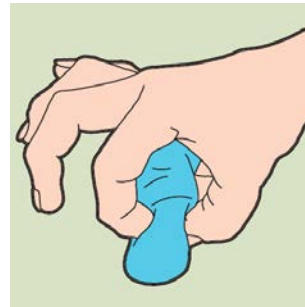
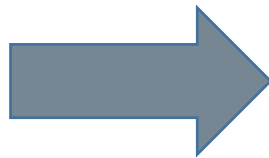
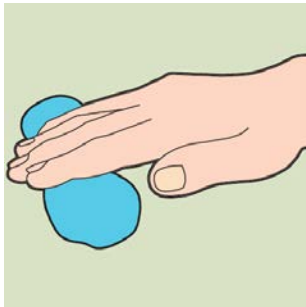
2. Slowly bend the tip of your thumb towards your little finger



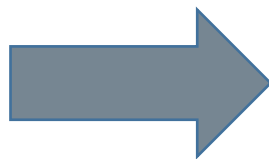
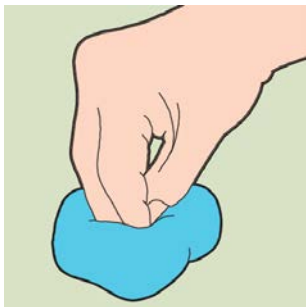
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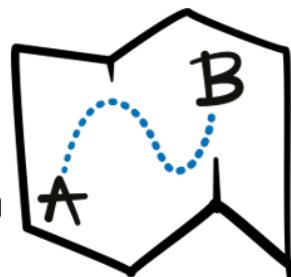
3. Slowly bend the tips of your fingers into a claw or hook shape, keeping the back of your hand straight

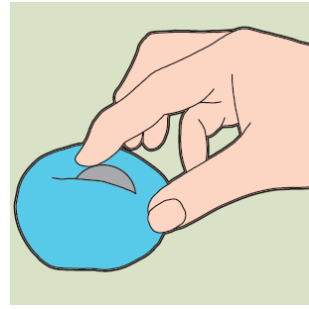
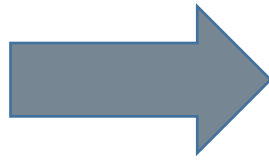
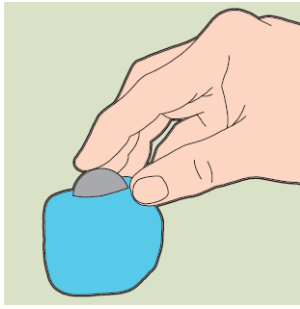


4. Roll the putty into a sausage shape then slowly squeeze it using your thumb and each finger in turn all the way along

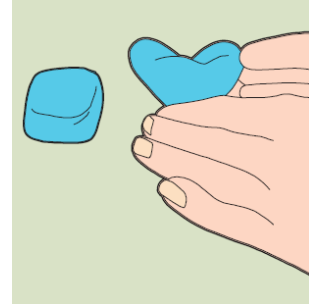
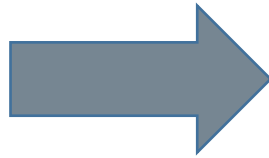
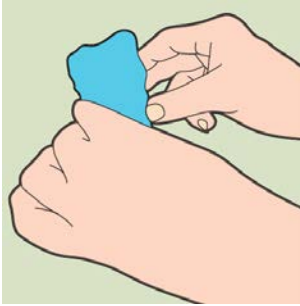


5. Make a hole in a ball of putty using the tips of your fingers, then stretch it out into a doughnut shape using your fingers





6. Hide a coin or small object in the putty then try to pick it out



7. Make some models with the putty

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	5	6	7	
	EXAMPLE	1☺	2☺	3☺	4☺	5☺	6☺	7☺	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									

