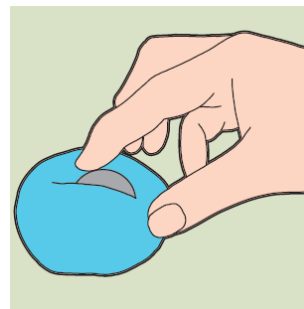
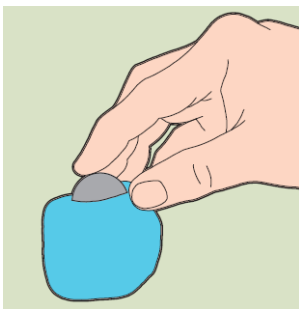


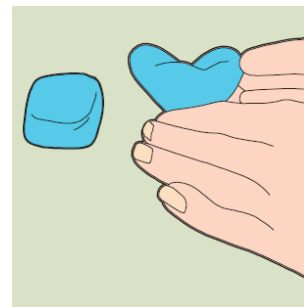
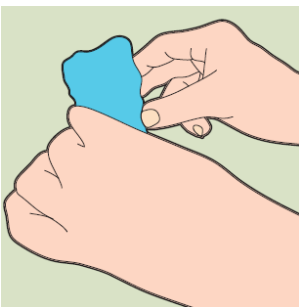
Hand strengthening through play using exercise putty: information for children and young people

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) gives you some ideas for how you can play with exercise putty to help your hands.

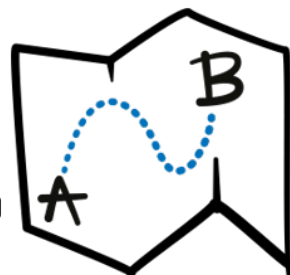
- Exercise putty is a special type of squidgy material that you can use to help your hands get stronger. It is suitable if you have allergies and comes in different colours to show the squidginess of the putty.
- Try to spend 10 to 15 minutes playing with the putty, five days a week.
- Carry on playing with the putty regularly for several months.
- Strengthening your hands will help you with writing, dressing and using cutlery.

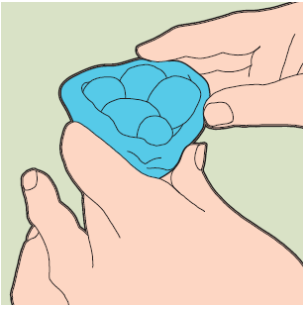


1. Hide a coin or a small object in the putty then try to pick it out

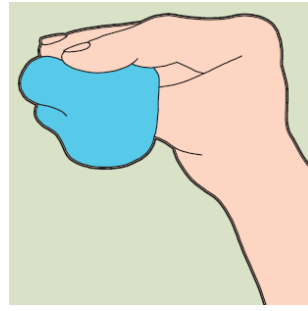


2. Make some models with the putty

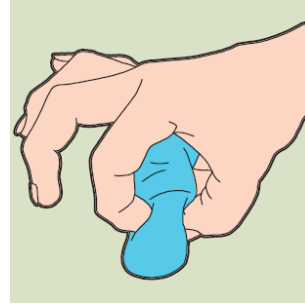
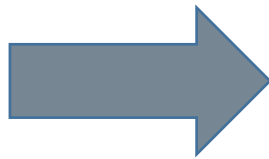
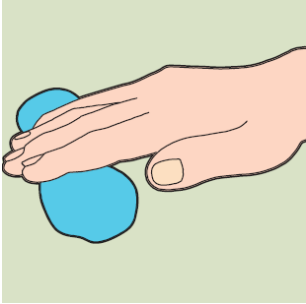




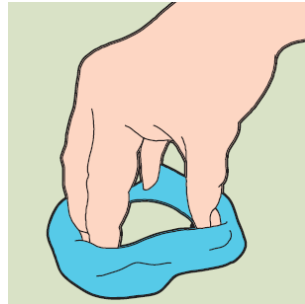
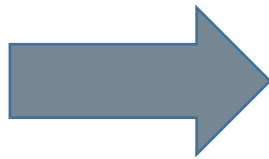
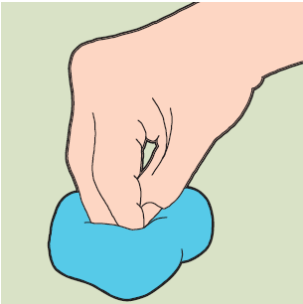
3. Make a bowl out of the putty then make small balls to fit the bowl



4. Make a duck shape out of the putty, bending your knuckles. Squeeze the putty, keeping your fingers straight



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



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

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

