



STRENGTHENING PUTTY ACTIVITIES

Wrist Exercises with Therapy putty (or Play-doh)

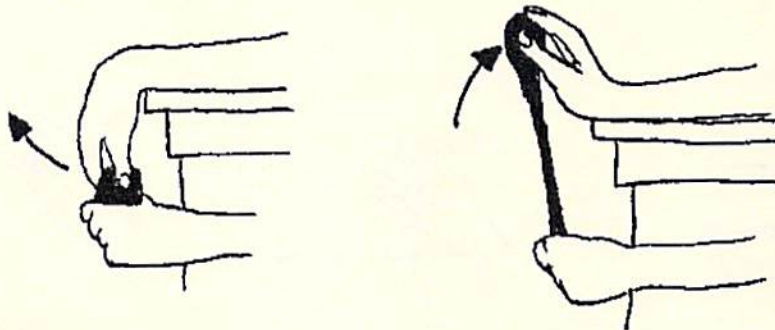
Keeping fingers straight, slowly roll out a thick putty sausage using the whole hand from finger tips to wrist. Gradually raise the hand to position the wrist in full extension as you roll. Repeat with both hands.



Grip Putty tightly in the hand. Rotate the wrist in a circular motion first in one direction, then in the opposite direction, while pressing into the putty with as much force as possible. Repeat with the other hand.



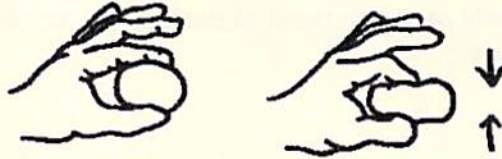
Rest the forearm on a table or arm of a chair allowing the wrist to hang over the edge. Grip the putty with the fingertips while holding in place with the other hand. Raise up to its full extension with as much force as possible. Repeat with the other hand





Playdough Activities for Small Finger Movements

Pinch opposition between tip of thumb and index finger. This exercise can also be performed with each individual finger. Place dough between finger and thumb tip. Squeeze dough until tips pass through dough and meet.



Roll a sausage and pinch between your thumb and index finger.



Roll small balls and pick them up between your fingers.



Roll a sausage and join ends so that it makes a ring. Put the ring over all your fingers, and try to spread open your fingers

