

Occupational Therapy Advice 2021



THERAPUTTY EXERCISES:

Suggested strategies and activities:

Theraputty is available in different resistances. It is good encourage the development of fine motor skills, strengthening the muscles of the hands and manipulation skills of the fingers. Your therapist can advise you on what resistance theraputty is appropriate for your child.

- * Grasp: Squeeze the theraputty 10-20 times using alternate hands, keeping the shape of the ball. Make sure that all fingers and the thumb are included.



- * Grasp one end of the putty with each hand. Slowly pull arms and hands apart until the putty is stretched thin.



- * Pancake: Flatten the ball with the palm of the hand into a flat pancake. Hide small objects (pennies, marbles etc.) into putty. Pull apart to find 'hidden treasures'.



- * Use pastry cutters to cut out shapes from flattened putty.

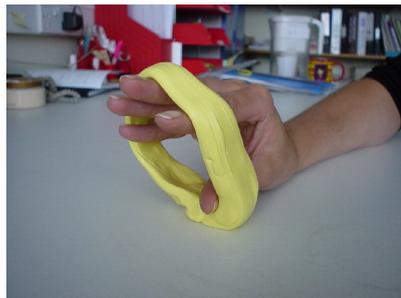
- * Poking: Using individual fingers to poke the putty with each finger in turn. It may be necessary to stabilise loose joints.



- * Extension: Roll out the ball into a sausage. Ensure that the child is using both hands and rolling in a slow manner. Try to get them to make a long sausage, making sure it's the same thickness all the way through. Check that this is done using their fingers and not the palm of their hands.



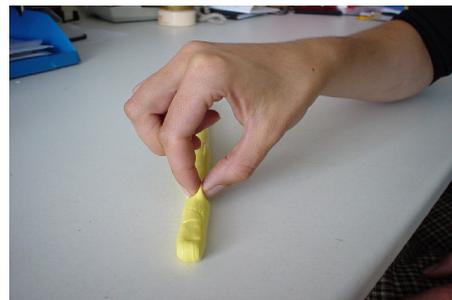
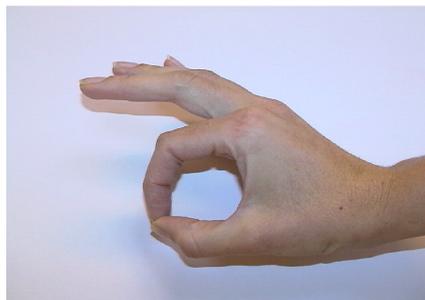
- * Make a loop from a long sausage with one hand's fingers into a loop and stretch your fingers outwards slowly. Repeat with another hand.



- * Opposition: Hold the sausage with one hand. With the other hand pinch between thumb and index finger and thumb and middle and continue. Make small indentations with the fingertips without breaking through the sausage. Repeat with another hand.



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



- * **Rotation & Translation:** To work on finer finger skills get the child to use their skilled fingers (thumb, index and middle) to break the sausage shaped putty into small pieces and roll it into a small ball.



- * It can be fun once they have worked on making the balls, to flick them with various fingers into a target or goal at the end, or use tweezers to pick them up one at a time.
- * You can also put balls into a small cup using skilled fingers and stabilising the wrist on a table so that you are using only finger, hand and wrist movements.



Let us know if you have any questions!