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Bwrdd Iechyd Prifysgol
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University Health Board



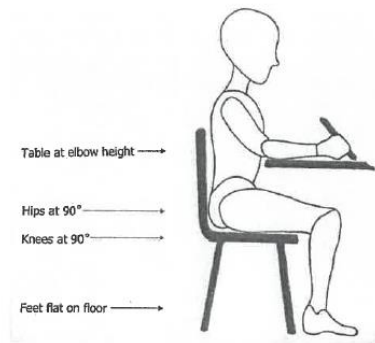
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Children's Occupational Therapy,
Wrexham Child Health Centre,
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6 Week Theraputty Programme

Theraputty activities will help to develop hand strength, co-ordination and the ability to control fine finger movements.

When completing the Theraputty programme, the child should be sat at a table where possible to encourage good posture.







- Putty should be placed on a clean smooth surface, preferably a table. When Theraputty is excessively stretched it can break down into fine strands; care should be taken with these as they can 'stick' to carpets and clothing.
- Use Theraputty as advised with the activity sheet provided.
- Wash hands before and after using Theraputty to keep it clean and avoid cross contamination and/or infection.
- Ideally each child should use the same piece of Theraputty at each session.
- To remove fine bits of putty from the table surface, daub with a large piece of Theraputty.

***Theraputty should be kept in an air tight container. ***





Hand Warm Ups

<u>Exercise</u>	<u>Instructions</u>
<p><u>Hand rub</u></p> 	<p>Rub the hands together, first the palms of the hands then rub the back of the hands.</p>
<p><u>Hand push</u></p> 	<p>Hold hands together in front of you with elbows out to the side. Push your hand together as hard as you can for 5 seconds, then shake hands out in front to relax.</p>
<p><u>Hand pull</u></p> 	<p>Link fingers together in front of you, one hand on top of the other with elbows out to the side. Keeping fingers linked pull as hard as you can for 5 seconds.</p>
<p><u>Hand Stretch</u></p> 	<p>Clench fist as hard as you can then stretch fingers out. Repeat 5 times with both hands.</p>
<p><u>Hand Flips</u></p> 	<p>Place both hands on the table with palms facing up, flip your hand over so your palms are facing down, repeat this 10 times, getting faster if you can.</p>
<p><u>Finger Opposition</u></p> 	<p>Starting with index finger press against the thumb, then complete with each finger in turn, pressing it against the thumb. Complete with both hands. Once mastered complete both hands at the same time.</p>


Week 1

<u>Exercise</u>	<u>Instructions</u>	<u>Grading activity</u>	<u>Hand position</u>
<u>Squeeze</u> 	Using a full grip, squeeze the putty as hard as you can to soften it. Use only one hand at a time.	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete.	
<u>Make a ball</u> 	Roll the putty into a ball on the table. Keep the putty directly in front of you to prevent stretching across the table. Use only one hand at a time	Once mastered, try separating the putty and roll a ball with both hands at the same time, changing directions if you can.	Encourage child to keep their hand cupped when completing as shown rather than over stretching.
<u>Snake</u> 	Using one hand to start roll the putty up and down on the table to make a snake, as it gets bigger use both hands together, pushing down from the shoulders	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete	Encourage child to keep fingers straight and avoid bending fingers upwards.
<u>Dragon</u> 	Pinch the putty along the top of the snake, as hard as possible while keeping fingers straight. Keep other fingers tucked away. When you get to the end pinch it flat to make a nose.	<p>If child is having difficulty keeping other fingers tucked in, try giving a small item to hold while completing.</p> <p>Once mastered try pinching along using each finger of hand with thumb</p>	If child is unable to keep index finger or thumb straight when pinching, encourage them to bend them in so that a circle is made with index and thumb





Week 2

<u>Exercise</u>	<u>Instructions</u>	<u>Grading activity</u>	<u>Hand position</u>
<u>Squeeze</u> 	Using a full grip, squeeze the putty as hard as you can to soften it. Use only one hand at a time.	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete.	
<u>Pancake</u> 	Flatten the putty to make a pancake (from a standing position) with one hand on top of the other and arms straight		
<u>Spider</u> 	Pinch the ends of the putty using index finger and thumb and pull the putty to make spiders legs		
<u>Roll up legs</u> 	Using index finger on each hand only (tuck other fingers away), roll up the legs of the spider.	<p>If child is having difficulty keeping other fingers tucked in, try giving a small item to hold while completing.</p> <p>Once mastered try with both hands at the same time.</p>	

Week 3

<u>Exercise</u>	<u>Instructions</u>	<u>Grading activity</u>	<u>Hand position</u>
<u>Squeeze</u> 	Using a full grip, squeeze the putty as hard as you can to soften it. Use only one hand at a time.	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete.	
<u>Squeeze and roll</u> 	Squeeze the putty with four fingers, then using thumb rotate the putty round and squeeze. Repeat 5 times (do not use other hand to help). Complete with other hand also.	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete.	
<u>Pancake</u> 	Separate the putty into two pieces. Flatten one of the pieces of the putty to make a pancake (from a standing position) with one hand on top of the other and arms straight		
<u>Nest</u> 	Pinch the edges of the pancake up to make a nest		
<u>Eggs</u> 	With the other piece, separate again into smaller pieces and make them into eggs by rolling them between both hands and place into nest.		

Week 4

<u>Exercise</u>	<u>Instructions</u>	<u>Grading activity</u>	<u>Hand position</u>
<u>Squeeze</u> 	Using a full grip, squeeze the putty as hard as you can to soften it. Use only one hand at a time.	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete.	
<u>Stretch</u> 	Holding putty in both hands, arms out straight, pull the putty apart as far as possible.	Once mastered try stretching the putty in different directions pulling up, across and diagonally.	
<u>Thumb Stretch</u> 	Place a small flattened piece of putty in the palm of the hand. Stretch thumb across towards little finger and push into putty, then stretch out and repeat 5 times.		
<u>Finger Spread</u> 	Make a pancake using the putty. Close the fingers of one hand together as shown in the picture. Place the putty over fingers and slowly stretch out the fingers.	Adjust the thickness of the putty to make the exercises easier/harder.	

Week 5

Exercise	Instructions	Grading activity	Hand position
<u>Squeeze</u> 	Using a full grip, squeeze the putty as hard as you can to soften it. Use only one hand at a time.	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete.	
<u>Separate</u> 	Pull the putty apart into 6 smaller pieces.		
<u>Finger roll</u> 	Using one piece of putty, roll the putty up and down the fingers with the thumb to make a small sausage. Complete this with each of the pieces and place to one side.	Once mastered try completing rolling only using thumb on first two fingers.	
<u>Scissor spread</u> 	Using one sausage at a time, wrap tightly around two fingers while they are closed and join the ends. Slowly spread fingers out. Repeat with each pair, completing with both hands.	Increase the thickness of the putty to adjust the difficulty.	
<u>Sausage</u> 	Using one hand to start roll the putty up and down on the table to make a snake, as it gets bigger use both hands together, pushing down from the shoulders	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete	Encourage child to keep fingers straight and avoid bending fingers upwards.
<u>Finger press</u> 	Using index finger (tucking the other fingers away) press down on the putty.	Once mastered try it with each of the other fingers on the hand individually.	Ensure finger stays straight and does not bend at the joints.

Week 6

<u>Exercise</u>	<u>Instructions</u>	<u>Grading activity</u>	<u>Hand position</u>
<u>Squeeze</u> 	Using a full grip, squeeze the putty as hard as you can to soften it. Use only one hand at a time.	Adjust the amount of putty being used to adapt the exercise, the more putty being used the harder it is to complete.	
<u>Pancake</u> 	Flatten the putty to make a pancake (from a standing position) with one hand on top of the other and arms straight		
<u>Faces</u> 	Using index finger (tuck other fingers away) press into the putty to make a face.		Discourage any bending of joints in the wrong direction.
<u>Forming Letters</u> 	Separate the putty into smaller pieces. Using the putty, make the different letters of your name.	Use the putty to practice any unfamiliar letters/ shapes.	

Diary Sheet

[illegible]

