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14 Best theraputty exercises images | Theraputty exercises ...

Putty, play dough, and other hand manipulatives are classic occupational therapy tools for fine motor work and sensory play. Not only are they fun, but they can also be used to work on a whole host of developmental skills, such as hand strength, finger isolation and dexterity, bilateral coordination, imaginative play, and much more. Here are some of our favorite play-dough games/exercises/tricks.

Occupational Therapy -Kids health information Sheet J

By using different weights of paper, such as newspaper, construction paper, card stock or even cardboard, cutting and hole-punch activities can help strengthen kids' hands. These exercises can be as simple as punching holes throughout a piece of paper or cutting a frayed edge on a piece of paper, to copying and following more detailed patterns with scissors or a hole punch.

PE2343 Theraputty Exercises for Hand and Fingers

Theraputty Hand Exercises Mass Grasp Form a ball with the putty. Squeeze the putty with all four fingers. Thumb Flexion Grasp the putty. Push your thumb tip into the putty and slowly pull your thumb out. Key Pinch Pinch putty between your thumb tip and the side of your index finger. Palmar Pinch Pinch putty between your thumb, index and
Effective Therapy Putty Exercises 1. Finger Scissors. Roll your putty into a ball and squeeze it between your fingers. 2. Fingertip Pinch. Take your rolled up putty and pinch it using your thumb and fingertips. 3. Power Grip. Grab your putty and squeeze all your fingers into it. 4. Flat Pinch. Use your straightened fingers to pinch the putty down into your thumb.

TheraPutty Exercises for Developing Hand Strength Hand-Strengthening Exercises for Kids | Livestrong.com Hand-Strengthening Exercises for Kids | Circle of Docs

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CanDo® Theraputty® hand exercise material is the standard in resistive hand exercise material. Each color-coded putty has a different consistency ranging from xx-soft for strengthening the ...

Remember that it is the quality of the exercises that counts rather than the quantity. If you have any further questions or concerns, please speak to your therapist. Mass grasp Form a ball with the putty. Squeeze the putty with all four fingers. Thumb flexion Grasp the putty. Push your thumb tip into

Grasp Patterns The use of a spoon for eating is one of the first tool-using skills that many infants acquire. Why does it matter how k. HAND GRIPS: adults, please notice the one labeled "adult grip", for this is the only socially acceptable way to grip as an adult.

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Theraputty is for children who have fine motor difficulties. Theraputty Advice. Use theraputty as ad-

vised 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.

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Theraputty Hand Exercises

Theraputty. Theraputty is an occupational therapy intervention for children who have fine motor difficulties as well as poor postural motor control. The following are some examples of important functional tasks that the children may have difficulties with: Tying shoes. Zipping and unzipping. Buckling and unbuckling.

The uniqueness of the material as well as the variety of progressive resistance levels TheraPutty offers, makes it perfect for helping children develop skills while having fun at the same time. Listed below are a few fun activities and exercises you can do with TheraPutty from A Little Learning for Two.

NCM TheraPutty - North Coast Medical

Therapy Putty Exercises Can Improve Your Carpal Tunnel ...

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Hand Strengthening Activities for Children ...

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NCM TheraPutty™ can be formed into the various illustrated shapes, providing a balanced exercise program. Strengthening opposing muscles maintains a delicate muscular balance which improves one's dexterity and coordination. Rehabilitation exercises with NCM TheraPutty™ should be supervised by your therapist or doctor.

NCM TheraPutty - North Coast Medical

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10 Fine Motor Exercises with Putty & Play Dough - ARK ...

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