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 Effective Therapy Putty Exercises
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 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
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 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.
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 Home Blog Hand Strengthening Activities for Children. ...
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 Hand Strengthening Activities for Children ...
 The following activities and exercises will help your child to develop his hand and finger skills.
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 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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 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.
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 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.
 TheraPutty Activities for Children with Autism ...
 The putty hand grip is a simple exercise to do to help improve overall grip strength in your hand. To perform the exercise, ball up your putty and hold it in your hand. Squeeze the putty and hold the tension for 3 to 5 seconds. Release the tension and relax for a few seconds.
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