

Hand and finger strength – Adolescents

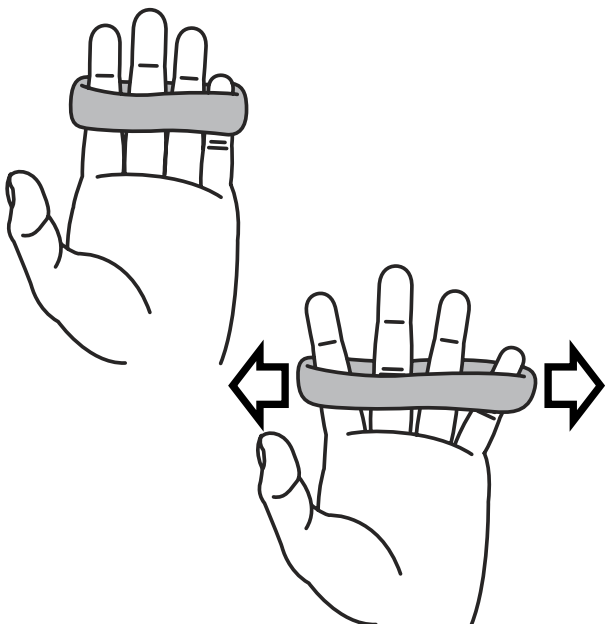
Specific strengthening activities

Hand and finger strength is important for many every-day activities. An injury or problem with your hands may cause your hands to be weaker or tire easily.

The following need to be specifically recommended by your Occupational Therapist:

- ▶ Exercise putty
- ▶ Squeeze resistive balls
- ▶ Theraband
- ▶ Rubber bands
- ▶ Weights

The number of times or repetitions that you do, can be increased as hand strength develops. Continue to increase the repetitions as your strength improves.



Specific recommendations:

Precautions:

Name of Therapist:

Phone:

Please contact your occupational therapist if you have any queries about the above information.

Hand and finger strength – Adolescents

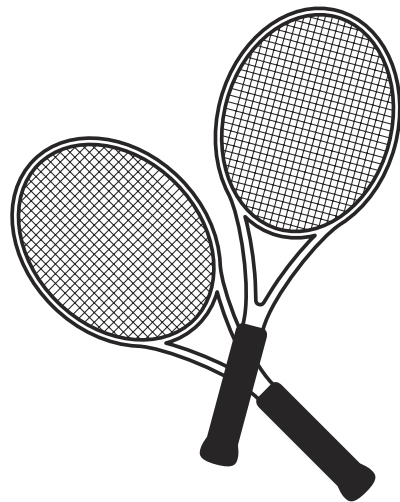
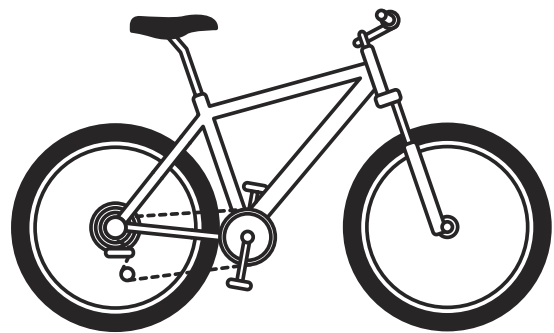
Sporting and leisure activities

Hand and finger strength is important for many sporting activities.

The following activities can help to develop your hand strength. Start with activities you can do easily and gradually try the activities that are more challenging.

- ▶ Swimming.
- ▶ Join a local gym.
- ▶ Visit an indoor rock climbing centre.
- ▶ Have a game of Tenpin bowling or Bocci.
- ▶ Play totem tennis, cricket or bounce a tennis ball on a racquet as many times as you can.
- ▶ Basketball/football/volleyball activities – bouncing, dribbling, throwing, catching, marking, handballing shooting for goals.
- ▶ Skip using a skipping rope.
- ▶ Creative activities such as knitting, clay modeling or drawing.
- ▶ Ride a bike, especially up hills.
- ▶ Woodwork activities – hammering, sawing, sanding.
- ▶ Play a musical instrument.

Please contact your occupational therapist if you have any queries about the above information.



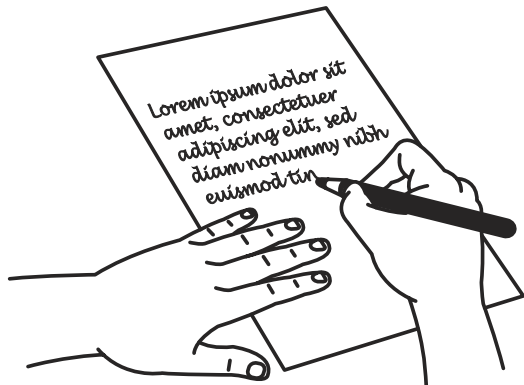
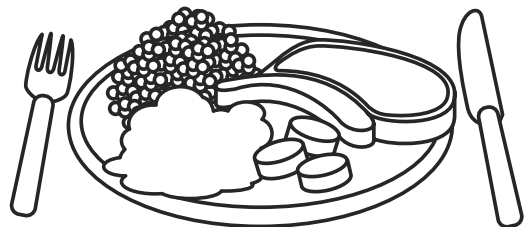
Hand and finger strength – Adolescents

Everyday activities – looking after yourself

Hand and finger strength is important for many everyday activities.

The following activities can help to develop your hand strength. Start with activities you can do easily and gradually try activities that are more challenging.

- ▶ Squeeze water out of a face washer or sponge when showering or washing your face.
- ▶ Turn taps on and off.
- ▶ Squeeze toothpaste onto a toothbrush.
- ▶ Brush your hair or try putting your hair up in a ponytail.
- ▶ Get dressed and undressed this includes doing up buttons and zips.
- ▶ Make a snack such as toast, a sandwich and a drink – open jars or drink containers, use a knife for spreading and cutting.
- ▶ Use a knife and fork to cut up food at mealtimes. Start with easier to cut foods such as potatoes or sausages and gradually build up to harder foods such as a steak.
- ▶ Peel an orange or mandarin.
- ▶ Open yoghurt containers, biscuit, chip or lolly packets.
- ▶ Open car doors and do up your own seatbelt.
- ▶ Turn keys to open up the front door of your house, your locker at school or the car door.
- ▶ Writing is a good strengthening activity, however, stop when your hand is tired. Gradually build up the length of time you write. School homework can be a good time for practising writing.
- ▶ If doing homework is not your thing, try writing a diary, starting an address book, writing a letter, making a list of your favourite movies, write up a weekly football ladder, play O and X's or Hangman.



Please contact your occupational therapist if you have any queries about the above information.

Hand and finger strength – Adolescents

Everyday activities – around the house

Hand and finger strength is important for many everyday activities.

The following activities can help to develop your hand strength. Start with activities you can do easily and gradually try activities that are more challenging.

- ▶ Peel and cut up fruit or vegetables. Start with easier to cut foods such as bananas or cucumbers and build up to harder foods such as carrots or potatoes.
- ▶ Grate cheese or carrots.
- ▶ Squeeze juice from an orange or lemon.
- ▶ Open tins with a can opener.
- ▶ Cooking – mix, sift, knead or use a rolling pin or cutters.
- ▶ Make a quick cake/muffin mix with a bowl and wooden spoon.
- ▶ Try preparing an entire meal, for example a stir fry.
- ▶ Sweep the floor, verandah or outside pathways.
- ▶ Wash and dry the dishes.
- ▶ Squeeze out sponges before wiping down the kitchen table or bench.
- ▶ Clothes washing – carry out the washing basket, peg out the clothes, fold the washing once it is dry.
- ▶ Gardening – dig, rake up leaves, push a wheelbarrow or water the garden using a trigger hose, watering can or bucket.
- ▶ Wash the car – use a trigger hose and make sure you squeeze out the sponge or cloth.
- ▶ Shopping – write the shopping list, push the trolley and carry the shopping bags.
- ▶ Use a spray bottle to clean windows or water indoor plants.

Please contact your occupational therapist if you have any queries about the above information.

