

B9 - Occupational therapy upper limb activities

Activities can be used regularly during the course of the day, in support of fine motor skill development and management of in-hand dexterity.

Theraputty activity ideas

Encourage bilateral hand use (both hands used together in a coordinated manner) and explore tactile media while developing fine motor skills, strengthening the muscles of the hands and manipulation skills of the fingers.

- **Palm squeeze:** squeeze the putty 10-20 times using alternate hands, keeping around the shape of the ball. Make sure that all fingers and the thumb are included.
- **Pull the putty:** grasp one end of the putty with each hand and 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
 - Use pastry cutters to cut out shapes from flattened putty
 - Hide small objects (pennies, marbles etc. if safe to do so) into putty.
Pull apart to find 'hidden treasures'
- **Snake:** roll the putty out to make a long snake...try to use your fingers rather than the palms of your hands
Use hand over hand to encourage action initially and to develop more independent skills.
- **Try twisting and wringing** the putty for greater wrist rotation activity
- **Dino snake:** now that you have made your snake, use your thumb and index finger to pinch the length of the snake...give it a spike back just like the dinosaurs/crocodiles
- **Squashed snake** - use your thumbs to flatten the snake into the table, see how flat you can make it!

Google theraputty for suppliers, green is a good resistance level, yellow is much softer