



Theraputty Exercises

To increase your strength and coordination

This handout gives step-by-step instructions for exercises that use

Theraputty, a resistive hand exercise material that is used in occupational therapy.

Doing these exercises will help increase your strength and coordination. This will make it easier to do your daily activities.

Exercise #1

1. Make a roll with the putty and place it in the palm of one hand.
2. Bend your fingers around it, making a fist.



Exercise #2

1. Shape the putty into a pancake and place it on a flat surface. Make it stick to the surface.
2. Place your hand on the putty, with your palm down and your fingers slightly curled.
3. Uncurl your fingers, pushing the putty away from you.



Exercise #3

1. Shape the putty into a pancake and place it on a flat surface. Make it stick to the surface.
2. Place the tips of your fingers and thumb lightly on the edges of the pancake.
3. Draw your fingers together toward the center of the pancake. Keep your fingers as straight as you can.



Exercise #4

1. Shape the putty into a cylinder.
2. Hold the cylinder lightly in your hand as shown, then press your thumb deep into the top of the cylinder. Then lift your thumb out slowly.



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Occupational Therapy
Theraputty Exercises

Questions?

Call 206-598-4830

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:
206-598-4830

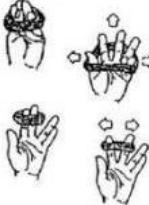
Exercise #5

1. Place your arm on a table, with your palm facing up.
2. Put a roll of putty at the base of your fingers.
3. Curl your fingertips into the putty, keeping the back of your hand and the first row of knuckles touching the table.



Exercise #6

1. Create a small ring with the putty.
2. Wrap the ring around all of your fingers and your thumb, as shown.
3. Open your hand, stretching the ring as your fingers and thumb pull apart.
4. Repeat, but with the ring around only 2 fingers, as shown.
5. Repeat with your other 2 fingers on the same hand.



Exercise #7

1. Place a piece of putty between the pads of your thumb and your index (pointing) finger.
2. Squeeze your thumb and index finger together through the putty until they meet.
3. Repeat with your other fingers and thumb, one at a time.



Exercise #8

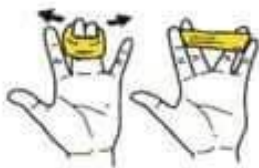
1. Place a ball of putty between the side of your index finger and the pad of your thumb.
2. Squeeze your thumb and index finger together through the putty until they meet.



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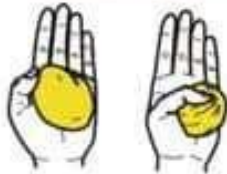
Theraputty
Reprints on request: <http://www.occupationaltherapy.org>

Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

Three Jaw Chuck Pinch



Using your thumb, index and middle finger, pull Thinking Putty upwards.

Finger Hook



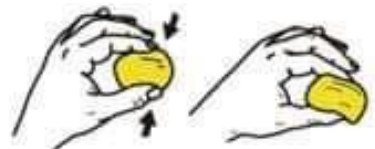
Create a hook as you press your fingers into the Thinking Putty.

Full Grip



Make a fist while squeezing your fingers into the Thinking Putty.

Finger Pinch



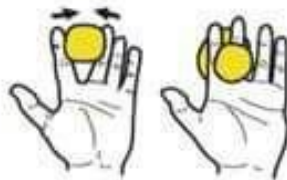
Pinch the Thinking Putty between each finger and your thumb.

Finger Extension



Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.



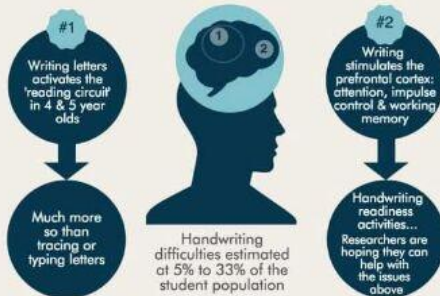
THE IMPORTANCE OF DEVELOPING PRE-WRITING SKILLS IN EARLY CHILDHOOD

"Writing skills developed before school significantly predict later academic achievement."

Dinehart & Manfra's multi-year research with 3000 preschoolers

HOW DOES OUR BRAIN REACT TO EARLY WRITING?

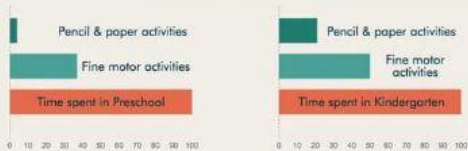
According to brain imaging writing activities stimulate important areas of the brain:



ALL fine motor skills predict academic achievement

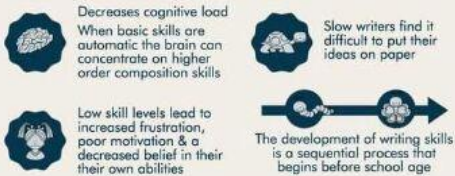
Manipulation skills are not such a great predictor
Fine motor writing skills are a high predictor

Are children ready to cope with the significant increase in using writing tools?



Legibility & speed are the 2 strongest predictors of successful writers

WHY?



What are the building blocks for writing readiness?



For more detailed information visit Liz's Early Learning Spot

Source:
Laura H. Dinehart (2015) Handwriting in early childhood education: Current research and future implications. *Journal of Early Childhood Literacy*, Vol 15(1) 97-188.
DOI:10.1177/1468798414522825
<http://www.childdevelopment.com.au/visual-processing/113>
Graphics from www.edu-clips.com

Pencil Grasp Reference Sheet

Early Grasps



Radial Cross Palmer
0-2 years
Pencil positioned across palm held with a fist hand.



Palmer Supinate
1-2 years
Pencil held like a dagger.



Digital Pronate Grasp
2-3 years
All fingers hold the pencil and the palm faces down towards the page.



Four Finger Grasp
3-4 years
Four fingers are held on the pencil beginning to form the arc between the thumb and index finger (web space).

Inefficient Grasps



Inter-digital Brace
The pencil is held between the fingers of the hand.



Thumb Tuck grasp
The thumb is tucked under the first three fingers or wrapped around them.



Key or Lateral Pinch Grasp
This grasp has the thumb positioned across the index finger closing the web space between these fingers.



Hyperextended index finger
Tripod grasp where the index finger is extended too far at the DIP (distal interphalangeal joint) due to excessive pressure.

Functional Grasps



Static Tripod Grasp
4-6 years
A 3 finger grasp where the thumb, index and third finger work together as one unit.



Dynamic Tripod Grasp
5-7 years
This tripod grasp is held by the first three fingers which move independently to the 4th and 5th fingers. The web space is open and becomes circular.



Lateral Tripod Grasp
The index finger lies on top of the pencil with the thumb across the index finger.





FISTED GRIP 1-2 years old

Children often hold their writing tool like a dagger, scribbling using their whole arm.



OR



DIGITAL PRONATE GRIP 2-3 years old

All fingers are holding the writing tool but the wrist is turned so that the palm is facing down towards the page. Movement now comes mostly from the elbow. Children should start being able to copy a horizontal, vertical and circular line.



4 FINGER GRIP 3-4 years old

4 fingers are held on the writing tool. Movement is mostly from the wrist and the hand and fingers move as one.



STATIC TRIPOD GRIP 4-6 years old

This is a 3 finger grasp, where the thumb, index finger and middle finger work as one unit.



DYNAMIC TRIPOD GRIP By 6 or 7 years old

Using only 3 fingers to hold the writing tool. This is the ideal grip to help move the pencil efficiently, accurately.

Hold the Pencil

You can put an end to awkward or even fisted pencil grips. Using these tips, your students will hold the pencil with the right combination of mobility and control. Children are "plastic"—they can be molded gently into good habits. These tips make it easy and fun for children to learn a correct pencil grip.

A-OK

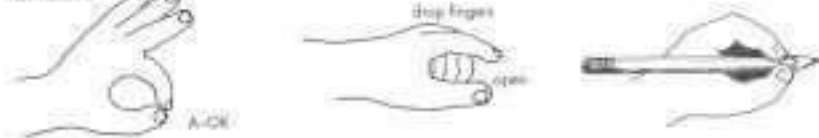
Teach children how to hold the pencil correctly. This is the A-OK way to help children.

The pencil is pinched between the thumb pad and the index finger pad. The pencil rests on the middle finger.

Right-handed:

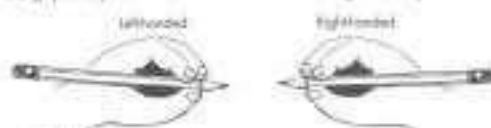


Left-handed:



Alternate grip

A good alternate grip is a pinch with the thumb and two fingers. The pencil rests on the ring finger.



Flip the pencil trick

Here is another method. It is a trick that someone showed me and I've found it so effective and so much fun I've been sharing it ever since. Children like to do it and it puts the pencil in the correct position. (Illustrated for right-handed students.)

