

Theraputty Exercises Handout For Kids

Workout of the Week - Theraputty and finger gym _____ HAND
STRENGTHENING Exercises with Theraputty for Beginners | OT _____
Teletherapy | Handwriting Warm Ups _____ Therapeutic putty - 4 easy
exercises to improve pencil grip and strength _____ HAND STRENGTHENING
Exercises with Playdough | OT Teletherapy | Step by Step Guide _____
for kids at home _____

3 Theraputty Activities For Kids | Fine Motor Skills | _____

8 Therapy Putty Hand Exercises (Easy) _____ Putty - Fine Motor _____
Exercises and Warm-up _____ Theraputty Tutorial _____ TheraPutty Exercises
for Developing Hand Strength _____ HAND STRENGTHENING with Theraputty
| ADVANCED | OT Teletherapy | Handwriting Warm Ups for kids #24 _____

7 Ways to play with Theraputty with Children _____

Pediatric Theraputty Exercises _____ Hand exercises for strength and
mobility _____ Play therapy for Autism _____ DEXTERITY \u0026 PRECISION 7
FUN GAMES WITH COINS | OT Writing Warm Up Exercises |
Teletherapy for Kids _____ Finger Fitness 1 :Be a Genius! _____

HANDWRITING WARM UPS with Pencil \u0026 Coins | OT Hand and _____

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~~Kindergarten Transition Fine Motor | DIY Theraputty HAND~~

~~STRENGTHENING with Rubber Band | OT Teletherapy | Writing Warmup~~

~~Exercises for Kids and Adults Thera-Putty Activity- VCOP Kids~~

~~How to Improve Fine Motor Skills in Kids with Thera Putty~~

Theraputty Activities To Improve Your Child's Fine Motor Skills

DIY Theraputty | Fun Fine Motor Activity for Kid

What is

Theraputty? | Therapy Tools for Children

~~Theraputty Exercise~~

Increase Hand and Grip Strength With Theraputty

Animal Putty

Rescue - Fine Motor Strengthening

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Theraputty Hand Strength Exercises. 1. Rolling a ball. Start to mould the putty between both hands into a ball shape. Place the putty on a table/smooth surface and roll the putty into a ... 2. Pancake. 3. Sausage. 4. Volcano. 5. Cone.

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Theraputty Hand Strength Exercises | NHS GGC

1. Rolling a ball: Start to mould the putty between both hands into a ball shape. Place the putty on a table/smooth...

2. Pancake: Complete activity 1. Flatten the ball to make a pancake (from a standing position) with one hand on top of...

3. Sausage: Complete activities 1 and 2. Start to roll the ...

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Finger Extensions: Complete activities 1, 2 and 3 using a smaller amount of putty than normal. Wrap putty over tip of middle finger (12b-c). Bend middle finger in towards the palm of the hand (12c). Grab the putty with the other hand then extend finger to a fully opened position with as much force as possible (12d-e).

Theraputty Activities - NHSGGC

TheraPutty exercises Exercises for strengthening the muscles of the fingers, hand and forearm TheraPutty can be formed into the various illustrated shapes, providing a balanced exercise program. Strengthening opposing muscles maintains a delicate

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muscular balance which improves one's dexterity and coordination.

TheraPutty exercises - Isle of Wight Primary Care Trust
Theraputty activities will help to develop your hand strength and ability to control fine finger movements. Place the putty on a clean smooth surface, preferably a table. When the theraputty is excessively stretched it can break down into fine strands; care should be taken with these as they can

4 WEEK THERAPUTTY PROGRAMME - NHSGGC

Theraputty Exercises – Hand Strengthening . 1. Squeeze putty with all fingers and thumb. 2. Keeping knuckles straight, bend tips of fingers to squeeze putty. 3. Pinch putty with thumb and each finger in turn. 4. Bending only at the large knuckles, press putty down against the thumb. 5. Press putty against index finger with the thumb. Keep all fingers straight.

Theraputty Exercises – Hand Strengthening

Therapy Putty can be used to improve grip strength, dexterity,

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and hand strengthening through finger, hand, and wrist resistive exercises. Theraputty Activities. Make your name. Hold the putty with both hands and roll into a ball. With the thumb and finger pads of your preferred hand, pinch off small pieces of putty by twisting and pinching the end of the ball.

Theraputty Activities - OT |Haberfield | Kids on Top ...

Then bend one of your fingers to make a hook and wrap the putty around the back of your finger. Once you're set up, straighten your finger using the putty as resistance. 7. Full Finger Spread. Take the putty, stretch it out, and wrap it around your hand in a donut shape while keeping your fingers together.

Effective Hand Therapy Putty Exercises + Free PDF | Flint ...

Occupational Therapy -Kids health information ?Flatten a large piece of playdough and make a handprint. ?Roll playdough flat using a rolling pin and cut out using biscuit or animal cutters. ?Squeeze playdough through a garlic crusher to make 'worms' or 'noodles'.

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therapeutic putty exercises - Guy's and St Thomas
theraputty hand exercises handout provides a comprehensive and comprehensive pathway for students to see progress after the end of each module. With a team of extremely dedicated and quality lecturers, theraputty hand exercises handout will not only be a place to share knowledge but also to help students get inspired

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· Theraputty is a silicone material that can be used for a variety of hand exercises. This material is available in color-coded, graded levels of resistance. Theraputty exercises are commonly prescribed by physical and occupational therapists as part of a strengthening program. 408 People Used

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Pediatric Theraputty Exercises. Improve hand strength and proprioception with theraputty exercises. Grasp, roll, pinch, spread.

Pediatric Theraputty Exercises - YouTube

The exercises are aimed at increasing the tactile and proprioceptive sensory messages the child receives from their hands. By doing this the child will have an increased sensory awareness of what their hand muscles and joints are doing.

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