




# Top Tips for Increasing Hand and Finger Strength - Adolescents

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.

Everyday Activities	
    	<ul style="list-style-type: none"> <li>• Squeeze water out of a face cloth or sponge when showering or washing your face.</li> <li>• Brush your hair or try putting your hair up in a ponytail.</li> <li>• Make a snack such as toast, a sandwich and a drink – open jars or drink containers, use a knife for spreading and cutting.</li> <li>• Peel an orange or mandarin.</li> <li>• 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.</li> <li>• Baking.</li> <li>• Grate cheese or carrots.</li> <li>• Squeeze juice from an orange or lemon.</li> <li>• Open tins with a can opener.</li> <li>• Cooking – mix, sift, knead or use a rolling pin or cutters.</li> <li>• Try preparing an entire meal, for example a stir fry.</li> <li>• Make a quick cake/muffin mix with a bowl and wooden spoon.</li> <li>• 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.</li> <li>• Open yoghurt containers, biscuit, and crisp or lolly packets.</li> <li>• Scooping ice-cream.</li> </ul>



- 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 practicing 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.
- Sweep the floor 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.
- Theraputty

### **Sporting and Leisure Activities**



- Swimming
- Join a local gym
- Visit an indoor rock climbing centre

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|  | <ul style="list-style-type: none"><li>• Have a game of Tenpin bowling</li><li>• Play Swingball, Rounder's or bounce a tennis ball on a racquet as many times as you can</li><li>• Basketball/football/volleyball activities – bouncing, dribbling, throwing, catching, marking, handballing shooting for goals.</li><li>• Skip using a skipping rope.</li><li>• Creative activities such as clay modeling or drawing.</li><li>• Ride a bike, especially up hills.</li><li>• Woodwork activities – hammering, sawing, sanding.</li><li>• Play a musical instrument.</li></ul> |
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