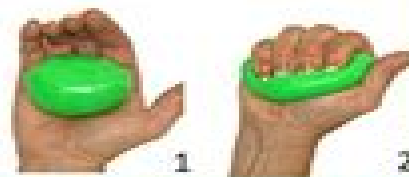


HOW TO USE THE PUTTY

HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty (as you are making a fist). Release fingers, reshape putty and re-peat process.



FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingertips. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



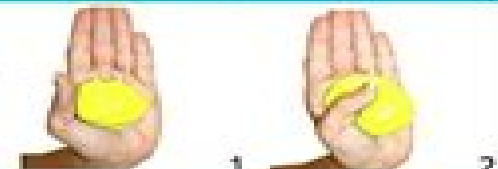
FINGER EXTENSION

Roll putty into cylinder and wrap putty around bent finger. Hold the putty with the other hand and try extending bent finger. The degree of thickness of the putty held over the fingertip.



THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Re-shape putty and repeat.



FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Re-shape putty and repeat.



THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose ends and try to straighten (extend) your thumb.



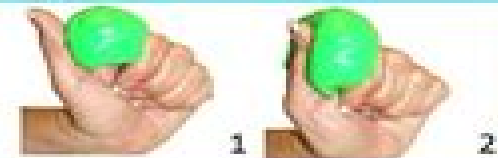
FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



FINGER SPREAD

Form putty into a pinwheel shape. Place on table or mold over finger tips while fingers are bunched together. Try to spread fingers apart.



THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



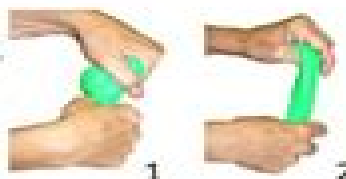
SCISSOR SPREAD

Wrap putty around tops of two fingers while they are together. Spread fingers apart.



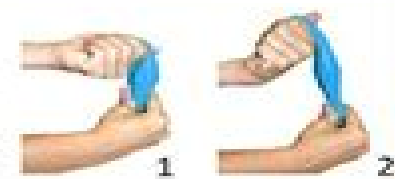
WRIST EXTENSION

Rest forearm on table or arm of chair with wrist hanging over edge, palm down. Grip putty with fingers and extend wrist upward.



WRIST FLEXION

Rest forearm on table or arm of chair with wrist hanging over edge, palm up. Grip putty with fingers and extend wrist upward.



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Adriana Olabi

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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Deborah Mills, Carole Fraser, 1989 This title provides activities for a wide range of upper limb movements Each of these is accompanied by a task analysis and an illustration of the activity described *Creative Forecasting*, 1992 **Occupational Therapy Treatment Goals for the Physically and Cognitively Disabled** Claudia Kay Allen, Catherine A. Earhart, Tina Blue, 1992 Helps therapists predict the rehabilitation potential for clients with physical and cognitive disabilities Expands the 6 cognitive levels to 52 modes of performance with specific and practical treatment goals for each Case studies illustrate the application of knowledge in various age groups diagnostic categories socioeconomic conditions and cultures **The Medical Disability Advisor** Presley Reed, 2001 **Pocket Guide to Treatment in Occupational Therapy** Franklin Stein, Becky Roose, 2000 This text is a practical guide to the treatment of the most common disabilities encountered by occupational therapists enabling students to identify treatment techniques and strategies that are relevant and appropriate The treatment suggestions are pragmatic and user friendly serving as the initial step and a quick reference for planning treatment The text is organized around the major disabilities physical psychosocial geriatric and pediatric diagnoses Brief descriptions of the treatment techniques therapists use and definitions of terms relevant to treatment are included The treatment suggestions are based on real life clinical experiences and the philosophy of good treatment is clearly stated and focused upon in the course of treatment Keywords Occupational Therapy Occupational Therapist OT Treatment *Physical Rehabilitation of the Injured Athlete* Gary L. Harrelson, 2004 Represents collaboration among orthopaedists physical trainers and athletic trainers It reviews the rehabilitation needs for all types of sports injuries stressing the treatment of the entire kinetic chain with various exercises Chapters have been extensively revised featuring new concepts and techniques The 3rd edition includes four new chapters Proprioception and Neuromuscular Control Cervical Spine Rehabilitation Functional Training and Advanced Rehabilitation and Plyometrics new contributors and new features such as summary boxes and tables **Hand Exercises** Ronald Thomas, 197? *Fine Motor Activities* Adriana Olabi, 2012-08-01 Fine motor skills are absolutely necessary for a normal child to develop the abilities to perform different activities The period of pre school is the stage in the child's life when transition from dependence to autonomy takes place The child's learning process is unconscious and continuous so at this age he should not be deprived of experiencing through various activities in the classroom or at home Weakness in fine motor skills affects a child's ability to perform simple tasks such as eating coloring brushing teeth etc which lowers his confidence and independence **Activities for Fine Motor Skills Development** Jodene Smith, 2003-02-20 Use dozens of easy practical activities to help children develop shoulder wrist hand and finger coordination As they gain control they'll be preparing for success in cutting drawing and writing [Exercising My Fingers is as Easy as ABC](#) Taylor Wood Belich, 2024-10-02 Exercising my Fingers is as Easy as ABC takes children on a journey through the alphabet with a fine motor exercise to perform with each letter As an Occupational Therapist working in a school setting I serve children with fine motor delays daily I implement fine motor strengthening exercises by having the child engage in

certain activities to exercise their fingers From treasure hunts of jewels in Play Doh to picking up small items with a clothespin each activity is designed to strengthen little fingers and improve dexterity in a playful way This book is your go to guide that is designed to help young learners develop fine motor skills no supplies needed Perfect for parents educators and therapists this book helps children build fine motor skills that are essential for performing various tasks as a student including handwriting and other classroom activities Ideal for reading aloud during circle time before written work or as a break to refocus and energize students it will aid them in developing the skills they need to perform fine motor tasks with improved success This book encourages children to strengthen their hand muscles improve finger dexterity and enhance hand eye coordination These skills are important for everyday tasks like handwriting drawing coloring cutting and functional skills such as buttoning clothes Get ready for a fun journey that is truly easy as ABC

Fine Motor Fun Sherrill B. Flora, M.S.,2006-04-01 Includes activities to strengthen hands wrists and fingers including finger plays puppet patterns cutting activities dot to dot pictures mazes handwriting instruction and much more Also good for helping children with dysgraphia perceptual motordifficulties and developmental coordination disorders

Developing Fine and Gross Motor Skills Donna Staisiunas Hurley,2000 This book is an excellent resource for occupational and physical therapists who are looking for ideas and reproducible handouts to give to parents or caregivers that are easy to understand It breaks down each fine motor gross motor developmental skill into four sections Desired movement How does this movement help your child How to incorporate this movement into your daily routine and What to expect next These milestones also have drawings to further explain and break down how each skill is achieved

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