

Hand and finger strength – Adolescents

Everyday activities – looking after yourself

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.

- ▶ Squeeze water out of a face washer or sponge when showering or washing your face.
- ▶ Turn taps on and off.
- ▶ Squeeze toothpaste onto a toothbrush.
- ▶ Brush your hair or try putting your hair up in a ponytail.
- ▶ Get dressed and undressed this includes doing up buttons and zips.
- ▶ Make a snack such as toast, a sandwich and a drink – open jars or drink containers, use a knife for spreading and cutting.
- ▶ 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.
- ▶ Peel an orange or mandarin.
- ▶ Open yoghurt containers, biscuit, chip or lolly packets,
- ▶ Open car doors and do up your own seatbelt.
- ▶ 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 practising 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.

Please contact your occupational therapist if you have any queries about the above information.

