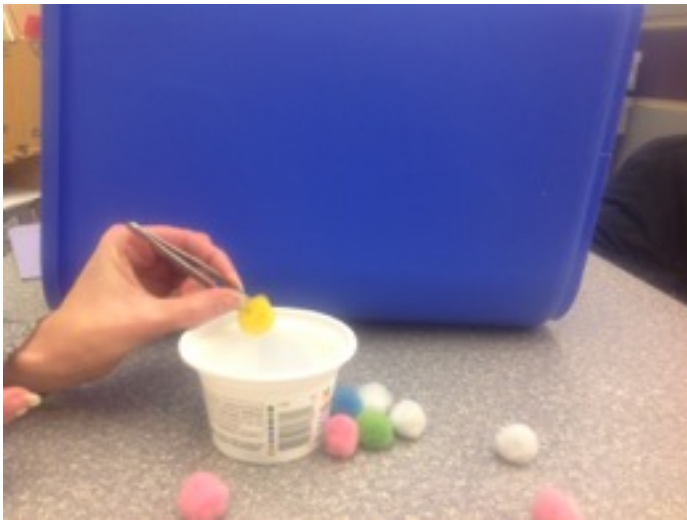


## Targeted Home Hand Strengthening Program

Please pick 3 out of the 5 activities to do at least 5 out of 7 days/week. Continue for 8 weeks.

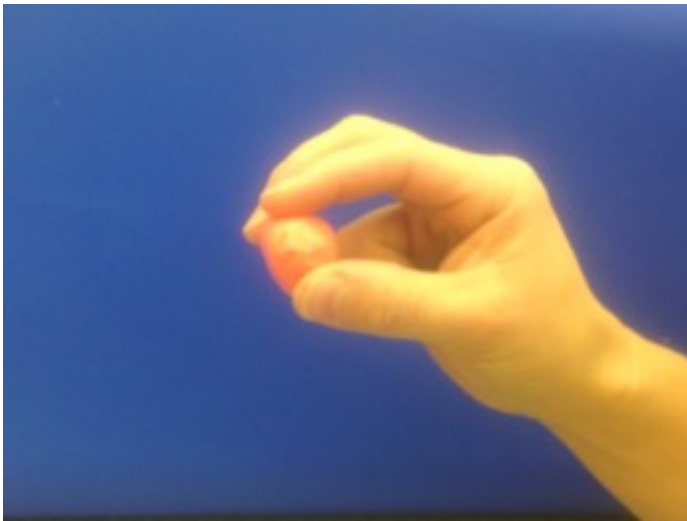
1. Using clothespins or tweezers: Pick up at least 10 cotton balls and transfer into a bowl. The tweezers/clothespins should be held between the tips of the index finger and thumb with the end pointing out through the web space (round space created when making the “okay” sign with your fingers) rather than hidden inside the palm.



2. Using only the pointer finger and thumb of your right hand, pick up 5 pennies, one at a time, and move them from the fingertips to the palm. Once all 5 are in the palm, use your thumb to move the pennies from the palm of the hand to the tips of the thumb and pointer finger to put into a slotted container such as a piggy bank or empty coffee can with slots sliced in the lid. Repeat with left hand.



3. Take a small piece of playdough/theraputty/sillyputty or clay and use only the thumb, index, and middle fingers of one hand to make it into a smooth ball. Then flatten the ball with the same three fingers. Repeat 5X with each hand.



4. Fill a deep bowl with water. Use a sponge to transfer the water from one bowl to another. It is best to use the hand you write with to squeeze out the water; however, you can also wring out the sponge with two hands. Continue until all the water has been transferred to the second bowl.



5. Take one sheet of paper and rip it into long strips. Using only the thumb, index, and middle fingers of one hand, crumple the strip into a ball. Put the “ball” onto the table and use your thumb and pointer finger to try to flick it into the trash can or other target.

