



Prainito Pediatric Therapy

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Occupational Therapy Home Hand Precision Skills Strengthening

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Pick up small objects (such as coins or marbles) with fingers of one hand and move the objects into the palm of the hand and hold them there while picking up another small object.

Play tug-of-war with small diameter objects such as straws, string, coffee stirrers, etc.

Turn a row of pennies from heads to tails.

Pick up fragile objects with fingers/tweezers without breaking or denting them. Objects include corn flakes, mini-marshmallows, bits of foam.

Drop a specific number of drops from an eye dropper.

Wrap a rubber band or silly putty around the student's flexed fingers. As he straightens them, have him spread them apart against the resistance.

A good clay is Crayola Model Magic play dough or theraputty.

Squeezing with the whole hand to soften the dough and increase hand over all hand strength. Be sure to switch back and forth between hands.

Roll the dough on a table to make snakes, using one hand and then the other, and then both together.

Practice pinching off pieces of the snake, using thumb and index finger.

Roll dough into a ball, then squish it flat like a pizza between fingers and thumb.

Poke holes in the dough using index finger.

Squirt guns are great for strengthening fingers.

Plastic turkey basters are good for strengthening the whole hand.



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Squeeze sponges or squeeze out a wet washcloth.

Tear paper into little pieces.

Wad paper into balls.

Coloring in a confined space (the smaller the space, the harder it is and the more strengthening it is).