

## How to carry out strengthening activities

### 6. Buttons and zippers

Use your injured hand to do up buttons and pull up zippers.

### 7. Deck of cards

Shuffle and deal a pack of cards.

Practise picking up single cards from the table.

### 8. Pen

Practise writing alphabet, drawing circles and marking dots on a page.

### 9. Bubble wrap

Practise popping individual bubbles using the thumb and each finger.

If that becomes easy, try popping several bubbles together.

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## Pinch Grip Strengthening Exercises Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Introduction

**Goal:** To increase the pinch grip strength of the hand using items found in the home

### Items required:

- Newspaper
- Sponge
- Safety pins
- Play Doh or Plasticine
- Pegs
- Buttons / zippers
- Deck of cards
- Pen
- Bubble wrap

**A combination of these exercises can be carried out for approximately 15 minutes at a time. Repeat this twice a day.**

**If your hand begins to ache or swell reduce the exercise time to 8 minutes.**

**These are only examples, your therapist may vary the above exercises to meet your individual needs.**

## How to carry out strengthening activities

### 1. Newspaper

Tear off strips of newspaper starting with a single sheet and gradually increasing the number of sheets.

### 2. Sponge

- I. Cut a sponge into 1" cubes.
- II. Squeeze the cubes to flatten the sponge, hold for 15 seconds and let go.
- III. soak the cubes with water, squeeze until all the water is removed.

### 3. Safety pins

Open and close the pin

### 4. Play doh or plasticine

Role the play doh or plasticine into a sausage shape.

Now "pinch" along the length of the sausage using the thumb with each finger individually.

### 5. Pegs

Open and close pegs.

Use the thumb with different fingers.