

Following these exercises, relax your hand by stretching all your fingers out three times then rest.

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.

Contact details:

Telephone: 0151 430 1540

Email: burnstherapy@sthk.nhs.uk

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

www.MerseyWestLancs.nhs.uk

Grip Strengthening 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 formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

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.

Author: Advanced Occupational Therapist
Department: Burns and Plastics Therapy
Document Number: MWL2194
Version: 001
Review Date: 01 / 05 / 2027

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

Items required

- Newspaper
- Sponge
- Plastic bottle
- Jar/bottle with screw top
- Towel
- Tins of food - different sizes
- Scissors
- Rubber ball / stress ball
- Play Doh or Plasticine

How to carry out strengthening activities:

1. Newspaper

Place your hand in the centre of a flat sheet of newspaper. Crumple the paper by pulling it into the centre to form a ball.

2. Sponge

i. Take hold of the sponge, squeeze it into a tiny ball, hold for 15 seconds and let go.

ii. Allow the sponge to fill with water, then squeeze the sponge until all the water has gone.

3. Plastic bottle

Fill a plastic bottle with water, hold it upright and squeeze the bottle to force the water out in short bursts.

4. Jam jar /bottle

Open and close a **previously** opened jar or bottle, then open a **new** jar or bottle

5. Towel / cloth

Wring out a wet towel or cloth until no more water comes out.

6. Tins of food

Practise picking up different sized tins, holding them for 15 seconds and then lowering.

7. Scissors

i. Cut through one sheet of newspaper, cutting it into strips.

ii. Repeat this with 3 or more sheets of paper together, increase the number of sheets as your strength improves.

8. Rubber ball / stress ball

Practise squeezing a ball , attempting to change its shape, hold for 15 seconds then relax.

9. Play Doh / Plasticine

Squeeze, shape and stretch the Play Doh, for 5 minutes at a time. To increase the difficulty of the exercise put the Play Doh in the fridge for an hour prior to exercising.