



# HDSSG

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## **Activities to improve finger strength and joint stability**

Any toy or equipment that involves gripping against resistance (pushing together, pulling apart and picking up) will increase strength when used repeatedly. Some of these activities include:

- Hammering sets
- Climbing equipment
- Pop beads or other interlocking toys that can be pulled apart or pushed together
- Resistive materials such as play dough, clay, putty
- Shovels and other pre-school digging tools
- Squeeze toys e.g. frogs that hop
- Paper for ripping and crumpling
- Construction kit with large nuts and bolts
- Water and sand play
- Tweezers/salad tongs used to pick up small items such as beads or dried peas

Encourage play with all these kinds of toy as much as possible. Finger muscles are used in all of these activities, as strength increases these should be performed quicker and with greater ease.

They can all be graded to increase/decrease difficulty by increasing/decreasing the amount of time spent or number of times the activity is repeated. Start at a level that is comfortable and gradually increase difficulty so that success is achieved each time.

Advice from Children's Occupational Therapy – Calderdale & Huddersfield NHS