

## Flexion activities

- Squeezing /pinching e.g. playdough or theraputty. Theraputty is particularly good as it provides resistance and builds finger strength. It can be purchased from several Irish retailers online. Your occupational therapist can recommend what colour theraputty to purchase. Different colours represent different levels of resistance.



- Water sprayers
- Squeezing sponges or bath toys
- Duplo®, Lego®, jigsaws



## Have fun!

There are many other fun ways to encourage your child to regain as much hand function as possible after injury. Many activities will support the development of fine motor skills so they are equally beneficial to an uninjured hand. Search online for “fine motor activities” for your child’s age group to get ideas for activities incorporating sand play, sensory play, water etc. or ask your OT.



***Remember:*** Ask your Occupational Therapist if you are unsure about anything about your child’s care.

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### Additional instructions

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Children’s Health Ireland

## Getting little hands moving again



Exercises and activities for young children after hand/finger injury

Occupational Therapy Department



01 4096712

## Getting moving again...

After an injury to the hand, it can take a little bit of time to get moving again. Whether or not your child required surgery for an injury, once the injured area has healed completely and all dressings/casts/splints have been removed, it is important to get the hand moving so that everyday activities can be resumed as much as possible.



Your occupational therapist will advise you when to start moving your child's hand normally again. Always make sure you follow the advice of your therapist (s) and/or surgeon before resuming everyday activities.

**\*\*NB. Many of the activities in this leaflet involve small parts. Always choose age appropriate activities for your child and supervise them at all time.**

## Flexion and Extension

The main movements we want to encourage in little hands are in the fingers— flexion and extension.



Flexion means bending the fingers down towards your palm.



Extension means stretching out your fingers.

Flexion and extension can be encouraged during scar massage. Flex and extend each of your child's fingers paying particular attention to the site of injury. Some children may enjoy massage, perhaps as part of a wind down routine in the evening. Others, such as very young children may need to be distracted with food or an activity so that you can complete hand massage.

## Ideas



If you think about encouraging flexion and extension you will probably start to see lots of opportunities to encourage these movements in your child through play and everyday activities. There are more examples overleaf.

## Extension Activities

Pushing with the tips of the fingers, bending them back a little encourages extension.

Activities such as:

- Pressing the doorbell, toys with buttons
- Activities that encourage pushing with the fingers, such as pushing pom poms/cotton through a hole



- Finger painting
- Playdoh® cutters
- Sensory bags— fill a ziplock bag with cheap clear hair gel or shampoo and add items such as glitter, small toys and pasta to push through the gel. Secure the bag

