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**The Therapy Playce**  
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Upper limb Strength Exercises

Small Hand Muscle Exercises

1. Opening and closing jars, Tupperware, yogurt containers or packages, unwrapping candy bars, of meat packages.
2. Punch holes with a paper punch, Use a variety of papers and thicknesses
3. Punch holes for lacing cards
4. Spread white glue on one paper, punch out holes from another paper over the glue to make designs
5. Use a garlic press cookie cutter, and or cookie press with play dough or baker's clay to form figures and holiday ornaments
6. Wringing and squeezing sponges and cloth in craft activities or hand laundry
7. Cutting various thickness of material, cloth, paper, cardboard
8. Tearing paper or cardboard for collage or decoupage projects
9. Stretching elastic bands or rubber bands over nails following a pattern or using a geo board
10. Using clothespins - pin around a shoebox while being times, follow a pattern on a box
11. Use tweezers to pick up small objects or cotton balls
12. Sewing through cardboard or heavy materials
13. Manipulation of Silly putty

General Arm Activities

1. Plasticine, clay modeling
2. Kneading dough, using a rolling pin when baking or with plasticine clay
3. Screw on and off jar lids at meal times
4. Throwing bean bags at a target – crushing newspaper into ball for throwing at targets
5. Folding and putting away clothes, opening and closing drawers, reaching up, etc.