Hand Exercises for Children
Information for patients, parents and carers

This leaflet demonstrates exercises for children who have a hand or wrist injury and who are under the care of St George’s Hospital hand therapy team. If you have any further questions or concerns, please speak to your therapist.

How might these exercises help your child?
Exercises help to increase muscle and tendon function in the fingers, hand and wrist. They will help to improve individual finger movements (dexterity) and also larger grip formation in the hand. Exercises can also help to reduce swelling (if present).

How often should these exercises be done?
The following exercises need to be done _______ times each. Hold for _______seconds.
Repeat _______ times/day. It is important to remember quality is better than quantity.

- **Balloons**
  - Bounce a balloon back and forth keeping fingers straight.

- **Shadow Puppets**
  - Make shadow puppets i.e. a ‘Duck’ position with the fingers and thumb straight.

- **Iincy Wincy**
  - Walk thumb and fingers whilst doing ‘Iincy Wincy Spider’

- **Sponge**
  - Squeeze a sponge during bath time using all fingers.

- **Wide grip**
  - Encourage grip around objects used day to day. E.g. cups/ cutlery.

- **Bubble wrap**
  - Pinch bubble wrap with thumb and fingers. Try to alternate the finger used.
<table>
<thead>
<tr>
<th><strong>Threading</strong></th>
<th><strong>Pegs</strong></th>
<th><strong>Bear claw</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Use all fingers to thread beads on a string.</td>
<td>Squeeze a clothes peg between fingers and thumb. Alternate the finger used.</td>
<td>Bend fingers into a claw or scratch position.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Thumb bend</strong></th>
<th><strong>Thumbs up</strong></th>
<th><strong>Twinkle twinkle</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bend thumb tip to touch the smiley face or sticker at base of little finger.</td>
<td>Play the ‘yes and no’ game using thumbs up / down instead of using words.</td>
<td>Whilst singing make a fist and open hand, as in the actions for twinkle twinkle little star.</td>
</tr>
</tbody>
</table>

**Your therapist is:** _______________________

**Contact us**

If you have any questions regarding your treatment please get in touch with the hand therapy team by telephoning 020 8725 1038 (answer phone – checked regularly).

If you need to change an appointment please call the central bookings service on 020 8725 0007. Please give as much notice as possible in changing appointments and be aware that if you should miss an appointment without contacting us first you may be discharged from the service.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk
**Additional services**

**Patient Advice and Liaison Service (PALS)**
PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).
Tel: 020 8725 2453  Email: pals@stgeorges.nhs.uk

**NHS Choices**
NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.
Web: www.nhs.uk

**NHS 111**
You can call 111 when you need medical help fast but it’s not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.
Tel: 111

**AccessAble**
You can download accessibility guides for all of our services by searching ‘St George’s Hospital’ on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.