

# Hand Exercises for Children

## Information for patients, parents and carers



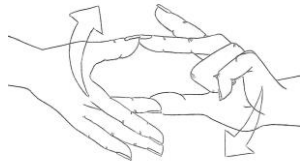



This leaflet demonstrates exercises for children who have a hand or wrist injury and are under the care of St George's Hospital hand therapy team. If you have any further questions or concerns, please speak to your therapist.

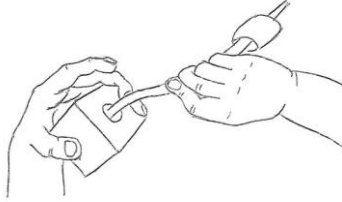
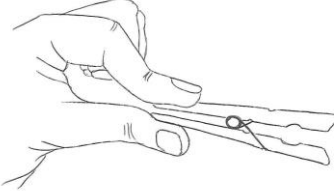



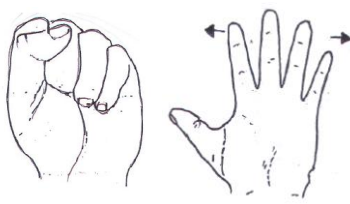
### How might these exercises help your child?

Exercises help to increase muscle and tendon function in the fingers, hand and wrist. They will help to improve individual finger movements (dexterity) and 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.

<p><input type="checkbox"/> <b>Balloons</b> Bounce a balloon back and forth keeping fingers straight.</p> 	<p><input type="checkbox"/> <b>Shadow Puppets</b> Make shadow puppets, i.e. a 'Duck' position with the fingers and thumb straight.</p> 	<p><input type="checkbox"/> <b>Incy Wincy</b> Walk thumb and fingers whilst doing 'Incy Wincy Spider'</p> 
<p><input type="checkbox"/> <b>Sponge</b> Squeeze a sponge during bath time using all fingers.</p> 	<p><input type="checkbox"/> <b>Wide grip</b> Encourage grip around objects used day to day, e.g. cups / cutlery.</p> 	<p><input type="checkbox"/> <b>Bubble wrap</b> Pinch bubble wrap with thumb and fingers. Try to alternate the finger used.</p> 

<input type="checkbox"/> <b>Threading</b> Use all fingers to thread beads on a string. 	<input type="checkbox"/> <b>Pegs</b> Squeeze a clothes peg between fingers and thumb. Alternate the finger used. 	<input type="checkbox"/> <b>Bear claw</b> Bend fingers into a claw or scratch position. 
<input type="checkbox"/> <b>Thumb bend</b> Bend thumb tip to touch the smiley face or sticker at base of little finger. 	<input type="checkbox"/> <b>Thumbs up</b> Play the 'yes and no' game using thumbs up / down instead of using words. 	<input type="checkbox"/> <b>Twinkle twinkle</b> Whilst singing make a fist and open hand, as in the actions for twinkle twinkle little star. 

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](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto: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](http://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 our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://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.



**Reference:** THE\_HEC\_03 **Published:** September 2023 **Review date:** September 2025