

Therapist:

# Pinch grip strengthening

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

**Goal:** To increase the pinch grip strength of the hand using items found in the home

### Items required

- Newspaper
- Sponge
- Safety pins
- Play Doh or Plastecine
- Pegs
- Buttons / zippers
- Deck of cards
- Pen
- Bubble wrap

### How to carry out strengthening activities

#### 1. Newspaper

Tear off strips of newspaper starting with a single sheet and gradually increasing the number of sheets.

#### 2. Sponge

i. Cut a sponge into 1" cubes. Squeeze the cubes to flatten the sponge, hold for 15 seconds and let go.

ii. soak the cubes with water, squeeze until all of the water is removed.

#### 3. Safety pins

Open and close the pin

#### 4. Play Doh or Plastecine

Role the play Doh or Plastecine into a sausage shape.

Now "pinch" along the length of the sausage using the thumb with each finger individually.

#### 5. Pegs

Open and close pegs.

Use the thumb with different fingers.

#### 6. Buttons and Zippers

Use your injured hand to do up buttons and pull up zippers.

#### 7. Deck of cards

Shuffle and deal a pack of cards.

Practice picking up single cards from the table.

#### 8. Pen

Practice writing the alphabet, drawing circles and marking dots on a page.

#### 9. Bubble wrap

Practise popping individual bubbles using the thumb and each finger.

If that becomes easy, try popping several bubbles together.

[A combination of these exercises can be carried out for approximately 15 minutes at a time. Repeat this twice a day.](#)

[If your hand begins to ache or swell reduce the exercise time to 8 minutes.](#)

[These are only examples, your therapist may vary the above exercises to meet your individual needs.](#)

If you are struggling with any of the exercises or have any concerns, ring the following number: 0151 430 1237.

Or you can ask to speak to a physiotherapist when you come back to clinic.