

Upper Limb and Hand Strength

What is Upper Limb and Hand Strength and why is it important?

Having good Upper Limb and Hand strength means we can sit in an upright position and move our body in a controlled way to complete daily tasks. If your child has Upper Limb and Hand weakness you may notice the following:

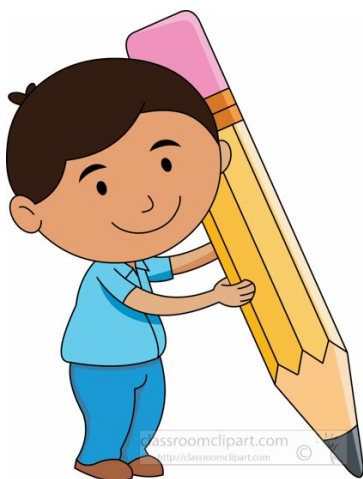
Weakness in Upper Limb:

- Sitting with a rounded back
- Sitting with a tilted pelvis
- Using their hand to support their head when sat at a table.
- Wrapping feet around the chair legs
- Constantly moving around when sat in a chair.
- Using one or both their hands to grip onto the table to hold themselves up.
- Difficulty completing tasks using both hands e.g. eating.
- Physical activities e.g. walking, jumping, hopping, riding a bike.



Hand Weakness:

- Difficulty with fine motor skill tasks e.g. handwriting, dressing, completing puzzles/games
- Difficulty completing tasks which require one hand
- Picking up and grasping items
- Manipulation of objects



Activities to increase hand strength

- Baking- Making pastry/kneading bread
- Crumpling paper and playing paper basket ball/finger football
- Squeezing objects e.g sponges/stress ball/ craft activities (glitter glue)



- Popping bubble wrap
- Water pistols
- Construction toys e.g. Lego
- Towel pull-tug of war
- Peg boards

Play doh/theraputty: Rolling, pulling, squeezing, moulding, hiding objects inside for children to find. Theraputty can be purchased from www.nrs-uk.co.uk. Please purchase the yellow to begin with!

- Table top games: Threading/connect four/ threading e.g making jewellery

Activities to strengthen the Upper Limb

- Playing ball games in kneeling (catching and rolling)
- Reading, writing, colouring, completing puzzles, playing with toys ect whilst lying on your tummy
- Lying on a scooter board on your tummy and using your arms to pull yourself along
- Animal Walking: Gorilla crouch walking, Bear walking, Snake crawling, Crab walking, Bunny hops



er.

- Crawling through obstacle courses
- Superman: Lie on stomach with legs and arms stretched out and lifted off the floor
- Play in alternate side sitting to weight bear through one arm whilst doing an activity with the other.