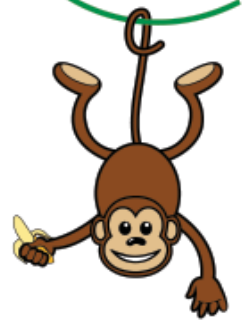



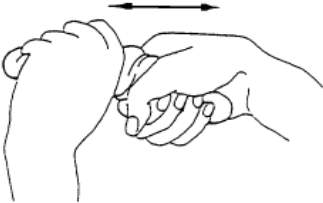


Children's Occupational Therapy Service








Putty Program



The aims of this putty program are to promote and develop; hand strength, pincer grasp, wrist extension, index finger isolation and pressure control. It will have more benefit if done as often as possible, daily if this is possible.



1.		<p>Take lid off tub and remove putty (This should be done by child).</p>
2.		<p>Stretch putty apart.</p>
3.		<p>Squeeze into a ball trying to get the putty into a ball shape.</p>
4.		<p>Pinch the surface of the rough ball with to form a spiky hedgehog using thumb and index finger.</p>

5.		<p>Using the palm of the hand, flatten the putty to form a pancake.</p>
6.		<p>Using your extended finger, poke into the pancake to form a face. Mark eyes, nose, mouth.</p>
7.		<p>Roll the putty slowly into a 'log (sausage size or a little thinner).</p>
8.		<p>Pinch the log between the pads of your thumb and index finger with both hands.</p>
9.		<p>Roll the pinched log into a 'long snake, trying to make it the same thickness all the way along.</p>
10.		<p>Gently roll the snake into a snail, and/or use the snake to make letter of your own name.</p>
11.		<p>Scrunch up your putty and put it back in the tub.</p>

If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza,

Telephone No: 01422 261340

Princess Royal Health Centre

Telephone No: 01484 344299

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

