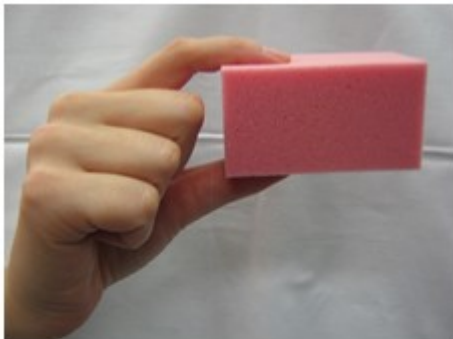


Therasponge / Resistance Strengthening Exercises Hand Therapy

These exercises are resistance strengthening exercises and can be completed with a kitchen sponge, a ball of socks, peg or soft ball.



1) Pad-to-pad pinch - Place the pad of the thumb on one side of the block and the pad of a finger on the opposite side of the block. Pinch gently toward the centre of the block and hold.



2) Three-finger pinch - Place the pads of the index & middle finger on one side of the block and the pad of the thumb on the opposite side. Squeeze gently and hold.



3) Key pinch - place the pad of the thumb on one side of the block and the side of the index finger on the opposite side. Squeeze gently and hold.



4) Gross grip - wrap the fingers and thumb around the block and squeeze gently.



5) Tip grip - Place the tips of the fingers on one side of the block. Position the block against the palm. Using only your fingertips, press toward the palm of the hand and hold.



6) Thumb flexion - Place the block on its end, supported loosely by the fingers, and then dig the thumb tip into the block and hold.

Please complete		Times a day
Holding each position		Seconds
Repeat		Times

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Kim Dunbar, Associate OT Practitioner

Department: Hand Therapy Department

Version: 1

Published: April 2023

Review: April 2025

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਾਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku,
 proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk