

101 CREATIVE THERAPY IDEAS

upper extremity and hand therapy exercises for adult and pediatric patients

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To purchase additional copies of this publication, contact either Jill at jpeckmurray@gmail.com or Carolyn at carolynhoyne.phelan@gmail.com.

INTRODUCTION

With increasing costs of clinic equipment and lack of availability of items, we found ourselves making our own devices and using creative activities to meet our patients' needs and goals. We also wanted a greater assortment of novel therapy ideas to help improve our patients' motivation and home program compliance. Several colleagues expressed interest in our ideas and requested that we share them with others in printed format. As these ideas increased in number, we then decided to compile them into this manual titled 101 Creative Therapy Ideas.

Each exercise device has a separate page. This allows for individual fabrication, application, and home program instruction. The exercise devices are also listed from least resistive to most resistive within each section.

The manual is organized into two distinct chapters to allow therapists to pick the most appropriate exercise device for the intended therapeutic purpose:

- BODY PART
- FUNCTION

For example:

- 1. If the therapist wants the patient to improve shoulder motion, the **BODY PART** chapter will provide a few ideas in the SHOULDER section.
- 2. If the therapist wants the patient to work on grip or pinch strength, the **FUNCTION** chapter will provide some ideas in the GRIP/PINCH section.

We trust you will enjoy working through the variety of upper extremity/hand therapy exercises and activities we have compiled for adult and pediatric patients. We had a wonderful time compiling this information for the benefit of you and your patients!

Jill Peck-Murray, MOT, OTR/L, CHT Carolyn Phelan, OTR/L, CHT



ABOUT THE AUTHORS

Jill Peck-Murray, MOT, OTR/L, CHT

Jill specializes in the treatment of pediatric patients with upper extremity problems. She has worked as an occupational therapist at Rady Children's Hospital (San Diego, CA) since 1982 and has been a certified hand therapist since 1995. She teaches around the country for a national seminar company on Pediatric Hand Therapy and Splinting, and has taught a college course on Introduction to Hand Therapy at Grossmont College (San Diego, CA). She has presented for state and national conferences on treatment of Muscle Diseases, Brachial Plexus Injuries, Radial Ray Deficiencies, Arthrogryposis, Juvenile Rheumatoid Arthritis, and Cerebral Palsy. Jill is also involved with several professional organizations: President of the San Diego Hand Special Interest Group and the Public Relations Chair for the California Foundation for Occupational Therapy.

Carolyn Phelan, OTR/L, CHT

Carolyn, staff therapist at The Hand Center (San Diego, CA) obtained her B.S. in Occupational Therapy from the University of Illinois and her post professional Certificate in Hand and Upper Quarter Rehabilitation from Drexel University (Philadelphia, PA). Practicing for over twenty years, she has had experience in spinal cord injury, traumatic brain injury, and stroke rehabilitation. She has been a Certified Hand Therapist since 1995, specializing in treatment of upper extremity disorders. Carolyn is an active member of the American Society of Hand Therapists, as well as the San Diego Hand Therapy Special Interest Group. She is also a patented inventor of a radial nerve/CVA/TBI splint available through a national manufacturer.

DISCLAIMER

The guidelines in this manual are only suggestions. It is the responsibility of each therapist to ensure the safety and the appropriateness of these exercises and activities. The authors can in no way be held liable or accountable for any malfunction or other consequences that occur due to following suggestions provided in this manual. Each therapist should follow fabrication guidelines and pre-test the item prior to usage by the client/patient. Each individual therapist assumes full responsibility regarding use for the appropriate diagnoses, body part, or functional outcomes. The recommended items/exercises/activities are only suggestions and each therapist assumes full responsibility of choices made for treatment. Each therapist also assumes full responsibility to monitor the use of these creative therapy ideas by their clients/patients.

Manufacturer's product information and package inserts should be reviewed for current information, including contraindications and precautions. As authors, we do not endorse the products listed or guarantee their effectiveness. We receive no compensation for the suggested commercially available items provided in this manual.

TABLE OF CONTENTS

Introduction

About the Authors

Disclaimer

BODY PART

Shoulder	
Ribbon Wand	1
Slider Board	2
Roller on Wall	3
Elbow	
Duster Slide	4
Stick Volleyball	5
Ball Toss	6
Bungee Ball	7
Forearm	
Magnetic Wand Flip	8
Spoon Carry	9
Paint Roller Flip	10
Rice Scoop	11
Hook and Loop Wall Tap	12
Wrist	
Wrist Ball Roll	13
Paper Slide	14
Tilt Board – Rectangular Style	15
Tilt Board – Round Style	16
Pegboard – Tilted	17
Jar Lid Twist – Large Style	18
Wrist Lift – Non-Weighted	19
Wrist Lift – Weighted	20
Weight Well Tube	21
Spinner	22
Ball Toss and Catch	23
Hook and Loop Lid Twist	24

CONTENTS...

Thumb	
Thumb Push Toy	25
Foam Tunnel Slider	26
Thumb Bolt Roll	27
Light Switch	28
Pull Apart	29
Cord Lock Pull	30
Putty Hidden Objects	31
Rubber Band Ball	32
U-Bolt Opposer	33
Fingers	
Finger Twister	32
Finger Puppet Play	39
Hook a Cork	36
Cork Tic-Tac-Toe	37
Magnetic Toy Push	38
Fingertip Marble Game	39
Yo-Yo	40
Pasta Drop	4 ²
Pasta Over Hill	42
Finger Soccer	43
Finger Ball Roll	44
Cork Turning	45
Rice Transfer	46
Cat's Cradle	47
Ball Up Ramp	48
Finger Weight Lift	49
Rubber Band Trick	50
Rubber Band Shooting	5 [^]
Rubber Band Slingshot	52
Dowel Push and Pull	53
Putty Poke and Lifts	54
Putty Donut Opening	5.5

CONTENTS...

Intrinsics	
Top Spinning	56
Pull to Measure	57
Cotton Ball Salad	58
Chopstick Pick Up	59
Card Play	60
Pennies into Container	61
Bead Stringing Game	62
PVC Pipe Container	63
Paddle Pull	64
Tube Pull	65
Foam Finger Squeeze	66
FUNCTION	
Grip/Pinch	
Dowel Grasps	67
Pen Click	68
Dice Throw	69
Collapsible Pull Tube	70
Tube Slide Offs	71
Pick Up Games	72
Nut and Bolt	73
Cotton Ball Gather	
PVC Twister	75
Turkey Baster Squeeze	76
Tennis Ball Feed	
Jacks	
Biplane Pincher	
Squeeze It	80
Mini Clamp	
Squeeze Clip	
PVC Connector	
PVC Tower	
Geo Board	

CONTENTS...

Fingertip Disc Launchers	86
Putty and Dowel	
Grabber Pick Up	
Spray Bottle Squeeze	89
Bubble Wrap Popping	90
Hook and Loop Peel	91
Hole Punch	92
Tape Measure Pull	93
Jar Lid Twist – Mini Style	94
Bilateral Skills	
Zoom Ball	95
Weight Bearing	
Table Hockey	96
Tactile Stimulation	
Tactile in a Bag	97
Tactile Box	
Fuzzy Tube	99
Pain Modification	
Newspaper Bag Warmer	100
Scar Management	
Scar Roller	101
Rug Pad Rub	
Other	
Mirror Magic	103
Hot Sock	

Subject Index



BODY PART-

This first chapter lists all the exercises and activities by Body Part, which allows therapists the opportunity to choose the appropriate section for their clients/patients.

Then, each section lists exercises and activities from least resistive to most resistive so the therapist can pick the activity based on the level of therapy appropriate for the client/patient.

The primary Body Part is **boldfaced**.

The secondary Body Part(s) and/or Function(s) are shaded.

BODY PART INDEX

SHOULDER

Ribbon Wand, 1 Slider Board, 2 Roller on Wall, 3

ELBOW

Duster Slide, 4 Stick Volleyball, 5 Ball Toss, 6 Bungee Ball, 7

FOREARM

Magnetic Wand Flip, 8 Spoon Carry, 9 Paint Roller Flip, 10 Rice Scoop, 11 Hook and Loop Wall Tap, 12

WRIST

Wrist Ball Roll, 13
Paper Slide, 14
Tilt Board – Rectangular Style, 15
Tilt Board – Round Style, 16
Pegboard – Tilted, 17
Jar Lid Twist – Large Style, 18
Wrist Lift – Non-Weighted, 19
Wrist Lift – Weighted, 20
Weight Well Tube, 21
Spinner, 22
Ball Toss and Catch, 23
Hook and Loop Lid Twist, 24

THUMB

Thumb Push Toy, 25
Foam Tunnel Slider, 26
Thumb Bolt Roll, 27
Light Switch, 28
Pull Apart, 29
Cord Lock Pull, 30
Putty Hidden Objects, 31

Rubber Band Ball, 32 U-Bolt Opposer, 33

Finger Twister, 34

FINGERS

Finger Puppet Play, 35 Hook a Cork, 36 Cork Tic-Tac-Toe, 37 Magnetic Toy Push, 38 Fingertip Marble Game, 39 Yo-Yo, 40 Pasta Drop, 41 Pasta Over Hill, 42 Finger Soccer, 43 Finger Ball Roll, 44 Cork Turning, 45 Rice Transfer, 46 Cat's Cradle, 47 Ball Up Ramp, 48 Finger Weight Lift, 49 Rubber Band Trick, 50 Rubber Band Shooting, 51 Rubber Band Slingshot, 52 Dowel Push and Pull, 53 Putty Poke and Lifts, 54 Putty Donut Opening, 55

INTRINSICS

Top Spinning, 56
Pull to Measure, 57
Cotton Ball Salad, 58
Chopstick Pick Up, 59
Card Play, 60
Pennies into Container, 61
Bead Stringing Game, 62
PVC Pipe Container, 63
Paddle Pull, 64
Tube Pull, 65
Foam Finger Squeeze, 66

Body Part	SHOULDER	ELBOW	FOREARM		WRIST T		THUMB	FINGERS		INTRINSICS	
Function	GRIP/PINCH	BILATERAL		WT.BEARING		TACTILE		PAIN SC		CAR OTHER	

RIBBON WAND

PURPOSE:

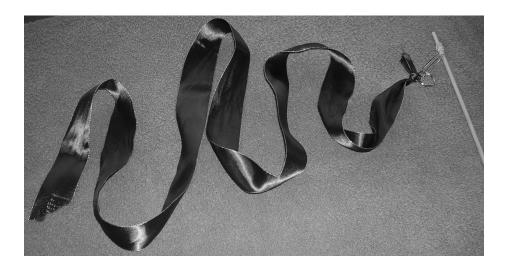
• Encourage non-resistive motion for shoulder, elbow, forearm, wrist, hand

SUPPLIES:

- 50" length of 2" ribbon
- Notebook/keychain ring
- Large paper clip
- Large rubber band
- 24" length of 1/8" wooden dowel

ASSEMBLY:

- Tie ribbon onto ring
- Attach ring to paper clip
- String rubber band through paper clip and then wrap around end of dowel



INSTRUCTIONS:

- Grasp end of wooden dowel and move the wand in various directions with arm.
- Wand can be built up, if needed, using cylindrical foam.