

Therapy dough recipe for healthy hands



This is a great activity to do with kids!

Theraputty is a strong, latex-free, putty-like material used for rehabilitation and strengthening your hands. By stretching, pinching, kneading, and squeezing the putty in your hand, you exercise the muscles.

Homemade therapy dough can be a great substitute to Theraputty that's just as effective in strengthening your hands.

Follow the recipe below to make your own therapy dough:

Ingredients

1 cup plain flour

1 cup boiling water

1/2 cup cooking salt

1 tablespoon cream of tartar

1 tablespoon cooking oil

Food colouring (optional)

Method

Mix flour, cream of tartar, salt, and oil in a large mixing bowl.

Add food colouring to boiling water (if using).

Gradually add water to dry ingredients and mix until the dough comes together.

Allow mixture to cool.

Knead the dough until the stickiness has gone.

Notes

- Therapy dough can last up to 6 months if stored in an airtight container.
- Use wheat free ingredients if you have a wheat allergy.
- Add sand or rice to change the texture of the dough.

Hand strengthening exercises using therapy dough

Hold each position for a few seconds and repeat 5 to 10 times depending on your ability.



1. Squeeze the dough with all your fingers and your thumb.



2. Keep your knuckles straight, and bend the tips of your fingers to squeeze the dough.



3. Pinch the dough with your thumb and each finger in turn.



4. Bending your hand only at the large knuckles, press the dough down against your thumb.



5. Press the dough against your index finger with your thumb. Keep your other fingers straight.



6. Squeeze the dough between your thumb and the side of your index finger.

Important

These exercises may not be suitable for you. Consult a health professional before beginning this exercise if you are unsure.

Seek medical assistance if you feel any new or increasing pain, or if you feel dizzy, clammy, or short of breath.

Do not consume therapy dough.

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