

Your therapist will advise you on the length of time to do these activities and when to progress. Start with a short time and build up slowly.

If you require this leaflet in any other format, e.g. large print, please phone 01935 384256

## **HAND THERAPY SERVICE Functional Activity Guidance Sheet**

*Therapy  
Department*

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[www.yeovilhospital.nhs.uk](http://www.yeovilhospital.nhs.uk)

## LIGHT



Handling money



Using the telephone



Playing cards



Using easy fastening zips



Tying shoelaces

Personal care,  
washing, applying  
make-up



Showering



Dusting



Writing, signing



Using a light switch

Reading a newspaper



Holding a teacup



Using a keyboard



## MEDIUM



Opening a ring pull can

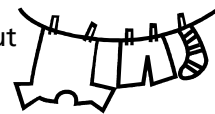
Using a fork or spoon



Putting on socks/tights



Hanging washing out



Sweeping



Reading heavy books



Using a comb or scissors



Shaving

Opening a jar



Holding a  
mug  
or pint glass



## HEAVY



Using a knife



Ironing

Vacuuming



Lifting a child



Lifting a box



Carrying shopping



Making the bed

Handwashing



Gardening



Washing  
the car

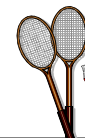


Driving



Cooking, lifting  
saucepans

Using a can  
opener



Playing sport