



Hand Therapy activity list

The following is an idea of activities you can do following the injury or surgery on your hand. As you recover and your injury heals, you will be able to gradually increase the amount of activities you can do.

Examples of daily activities have been classified below as light, medium or heavy and you will be advised by your hand therapist on the level of daily activities you can perform following your injury or surgery. You should always follow your hand therapist's advice and if you need further information or advice, please do not hesitate to ask.

Light activities

- using the telephone
- putting on light clothes
- handling money
- using a remote control
- fastening zips and buttons (but not jeans)
- personal care, such as washing
- tying shoe laces
- using a light switch
- signing name, not long periods of writing
- reading a newspaper or a book
- playing cards
- typing
- dusting
- picking up a small glass of water
- shaving
- combing your hair
- putting on your socks
- using a knife/fork/spoon, but not cutting anything tough, like meat

Medium activities

- sweeping up
- unscrewing jars/lids
- hanging out washing
- washing and wiping up
- holding a pint of liquid
- using scissors
- using a towel
- opening/closing door handles
- using a key to open a door
- opening a ring pull on a can of drink or food

Heavy activities

- sport (including golf, swimming, gym work, cycling, running, football)
- cooking and lifting saucepans and kettles
- using a knife to cut up meat
- gardening
- making a bed
- lifting – boxes / children
- hand washing and wringing out cloths
- carrying shopping
- ironing
- driving
- vacuuming
- cleaning a car

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Please ask if you need this information in another language or format.