

Theraputty Exercises for Fingers and Wrist

Putty Grip

Place putty in hand and squeeze it firmly and slowly.
Reshape it and repeat.

Do exercise ___ times, ___ times a day



Putty Pad Pinch

Roll putty into a log. Next, pinch putty with pad of your fingers and repeat down the section.

Do exercise ___ times, ___ times a day



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Pinch and Pull

Hold the putty with one hand and then pinch and pull the putty with target hand.

Do exercise ___ times, ___ times a day



Two-Hand Key Pinch

Using both hands, pinch putty between thumb tips and sides of your index fingers.

Try to pinch and pull the putty.

Do exercise ___ times, ___ times a day



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Putty Lumbrical Pinch

Hold putty with all fingers straight, as shown in picture, then squeeze.
Keep fingers straight the entire time.

Do exercise ___ times, ___ times a day



Putty Hook Fist

While keeping MP joints (knuckles) straight, bend the finger tips only into a hook position.

Do exercise ___ times, ___ times a day

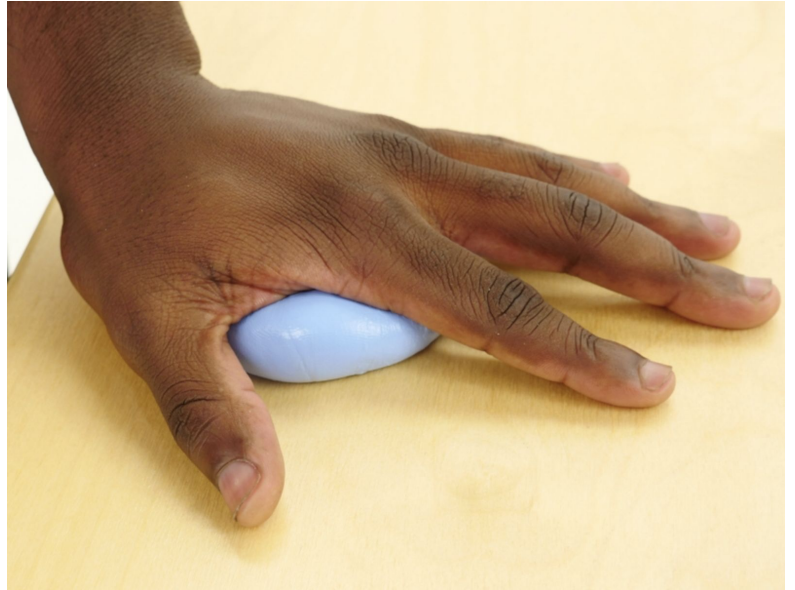


Theraputty Exercises for Fingers and Wrist

Putty Smash for Weight Bearing

Placed ball of putty on table and then with palm of your hand, bear weight through it to smash the putty.

Do exercise ___ times, ___ times a day



Finger Extension Roll

Roll putty into a log using only your fingers, keeping them straight.

Do exercise ___ times, ___ times a day



Theraputty Exercises for Fingers and Wrist

Wrist Extension/Flexion Pull

For Extension (pictured):

- Rest involved arm over edge of a table with palm turned DOWN..
- Hold the putty in your opposite hand.
- Grasp the top of the putty with your involved hand and pull upward keeping arm flat on table.

For Flexion:

- Rest involved arm over edge of a table with palm turned UP.
- Hold the putty in your opposite hand.
- Grasp the top of the putty with your involved hand and pull upward keeping arm flat on table.

Do exercise ___ times, ___ times a day

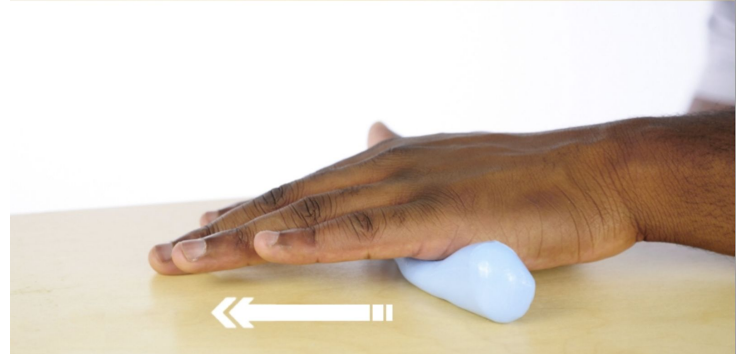


Putty Roll

Roll putty into a ball, then into a log. Then roll into a ball and again into a log.

Use fingers and palm of hand.

Do exercise ___ times, ___ times a day



Theraputty Exercises for Fingers and Wrist

Putty Claw

Place putty in hand and then squeeze the putty as you move hand into claw position as shown.

Do exercise ___ times, ___ times a day



Putty Twist

Place one end of putty in hand. Using the involved hand, pinch the other end with middle finger, index finger, and thumb. Twist the putty.

Can also be done using entire hand.

Do exercise ___ times, ___ times a day

