

# HOW TO USE THE PUTTY

## HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty (as you are making a fist). Relax fingers, reshape putty and re-repeat process.



## FINGER EXTENSION

Roll putty into a cylinder and wrap putty around bent fingers. Hold the putty with the other hand and try extending bent finger. The degree of resistance is controlled by the thickness of the putty held over the fingertip.



## FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Re-shape putty and repeat.



## FINGER GRIP

Make fist with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



## FINGER SPREAD

Form putty into a pointed shape. Place on bubble or mold over finger tips while fingers are bunched together. Try to spread fingers apart.



## SCISSOR SPREAD

Wrap putty around tops of two fingers while they are together. Squeeze fingers apart.



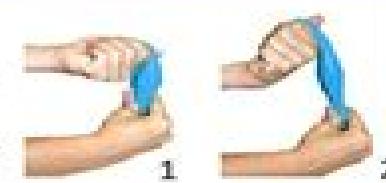
## WRIST EXTENSION

Rest forearm on table or arm of chair with wrist hanging over edge, palm down. Grip putty with fingers and extend wrist upward.



## WRIST FLEXION

Rest forearm on table or arm of chair with wrist hanging over edge, palm up. Grip putty with fingers and extend wrist upward.



## FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingers. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



## THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Re-shape putty and repeat.



## THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose end and try to straighten (stretcher) your thumb.



## THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



## THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



# Theraputty Exercises Handout

**Sue Dahl-Popolizio, Katie  
Smith, Mackenzie Day, Sherry  
Muir, William Manard**

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