

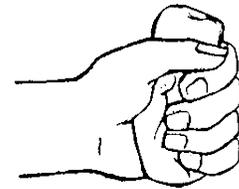
Theraputty Exercises

To increase your strength and coordination

This handout gives step-by-step instructions for exercises that use Theraputty, a resistive hand exercise material that is used in occupational therapy. Doing these exercises will help increase your strength and coordination. This will make it easier to do your daily activities.

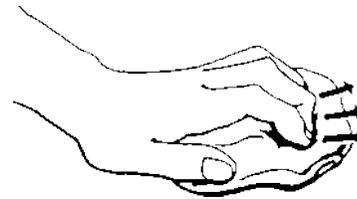
Exercise #1

1. Make a roll with the putty and place it in the palm of one hand.
2. Bend your fingers around it, making a fist.



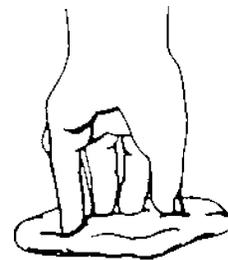
Exercise #2

1. Shape the putty into a pancake and place it on a flat surface. Make it stick to the surface.
2. Place your hand on the putty, with your palm down and your fingers slightly curled.
3. Uncurl your fingers, pushing the putty away from you.



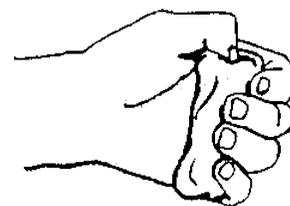
Exercise #3

1. Shape the putty into a pancake and place it on a flat surface. Make it stick to the surface.
2. Place the tips of your fingers and thumb lightly on the edges of the pancake.
3. Draw your fingers together toward the center of the pancake. Keep your fingers as straight as you can.



Exercise #4

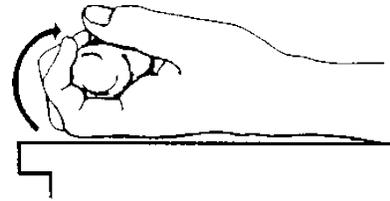
1. Shape the putty into a cylinder.
2. Hold the cylinder lightly in your hand as shown, then press your thumb deep into the top of the cylinder. Then lift your thumb out slowly.



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of this handout.

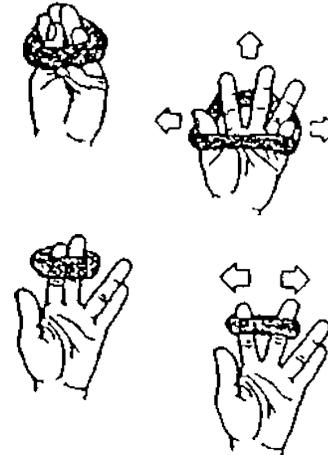
Exercise #5

1. Place your arm on a table, with your palm facing up.
2. Put a roll of putty at the base of your fingers.
3. Curl your fingertips into the putty, keeping the back of your hand and the first row of knuckles touching the table.



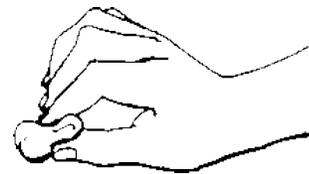
Exercise #6

1. Create a small ring with the putty.
2. Wrap the ring around all of your fingers and your thumb, as shown.
3. Open your hand, stretching the ring as your fingers and thumb pull apart.
4. Repeat, but with the ring around only 2 fingers, as shown.
5. Repeat with your other 2 fingers on the same hand.



Exercise #7

1. Place a piece of putty between the pads of your thumb and your index (pointing) finger.
2. Squeeze your thumb and index finger together through the putty until they meet.
3. Repeat with your other fingers and thumb, one at a time.



Exercise #8

1. Place a ball of putty between the side of your index finger and the pad of your thumb.
2. Squeeze your thumb and index finger together through the putty until they meet.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.