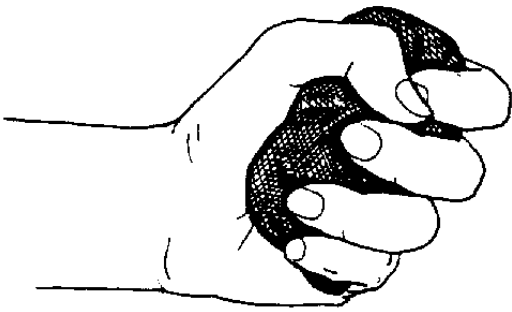
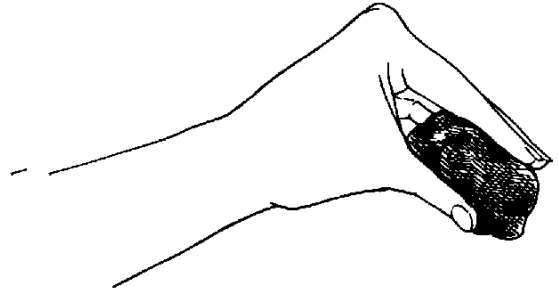


# Theraputty Exercises – Hand Strengthening

1. Squeeze putty with all fingers and thumb.



4. Bending only at the large knuckles, press putty down against the thumb.



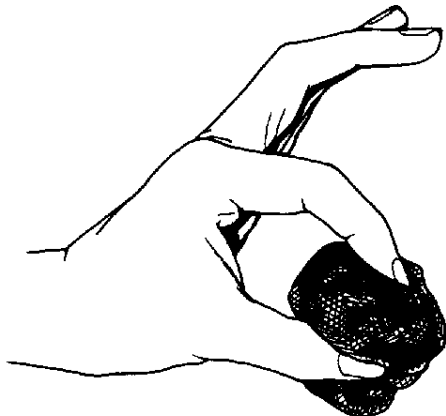
2. Keeping knuckles straight, bend tips of fingers to squeeze putty.



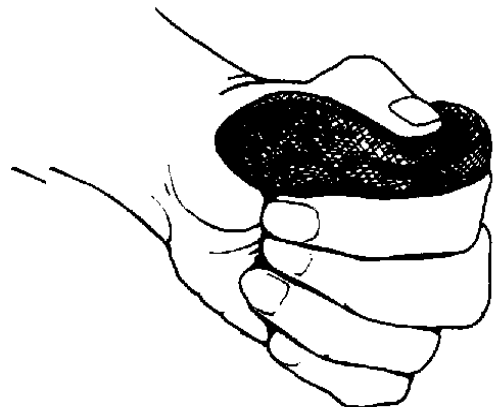
5. Press putty against index finger with the thumb. Keep all fingers straight.



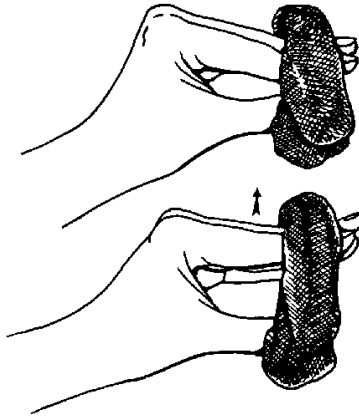
3. Pinch putty with thumb and each finger in turn.



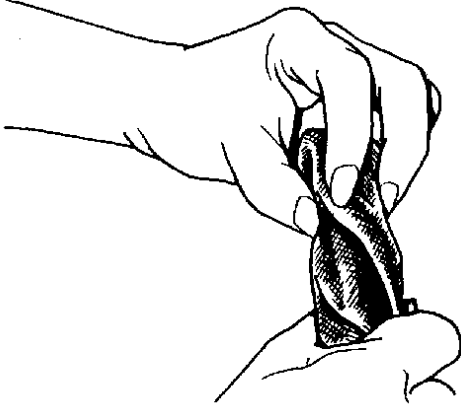
6. Squeeze between thumb and side of your index finger.



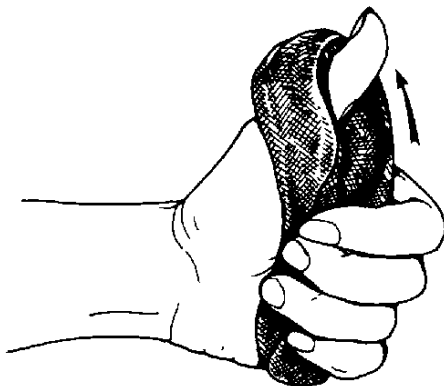
7. Make a putty loop around the fingers, straighten at the knuckles and open hand.



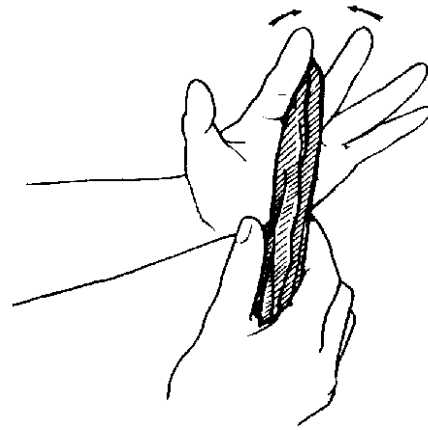
8. Pull putty using thumb, index and middle fingers.



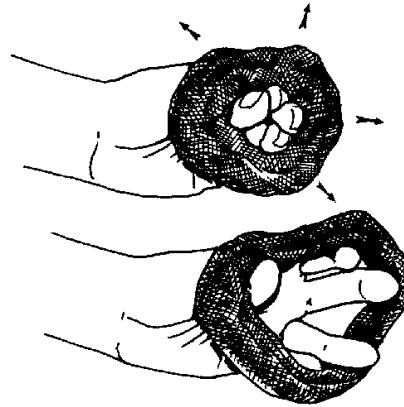
9. Straighten thumb inside putty loop, anchored by fingers.



10. Press putty between two fingers and stretch it out with the other hand.



11. With all fingers and thumb in centre of putty donut, stretch out.



Repeat each exercise \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions each day.

Please discuss with your therapist if you have any queries or concerns.

Therapist: \_\_\_\_\_

Phone: (07) 3646 7100