

Thera-Putty Exercises

Repeat these exercises _____ times for _____ times a day.

These exercises will strengthen the muscles of your fingers, hand and forearm.

Finger Hook

Make a hook with your fingers as you press into the putty.



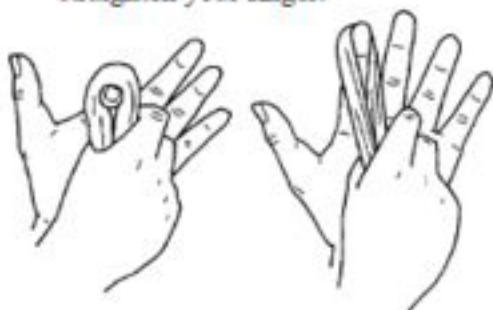
Full Grip

Squeeze your fingers into the putty like your are making a fist.



Finger Extension

Loop the putty over the end of the finger while it is bent. Try to straighten your finger.



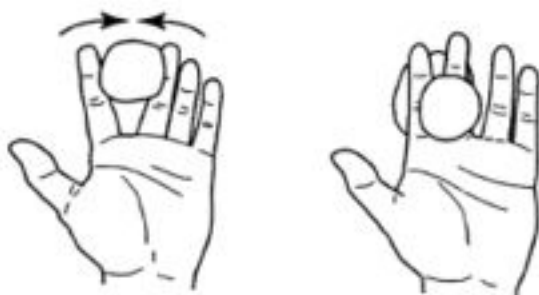
Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



Finger Scissor

Place a 1 inch thick piece of putty between each pair of fingers and squeeze together.



Finger Pinch

Pinch the putty between each finger and the thumb.

