

Theraputty™ Hand Exercises

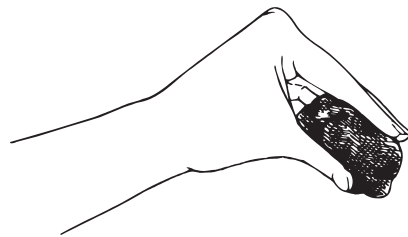
The goal of these exercises is to regain or maintain function of your fingers and hand. Putty is used during the exercise to help strengthen your fingers and hand.

Your occupational therapist has designed these exercises to meet your specific needs. For best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. If the symptoms persist or are bothersome, call your doctor's office.

To obtain the best results, please perform each exercise as shown.

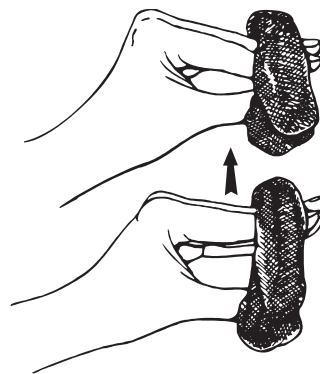
FINGER - MP Flexion



Bending only at large knuckles, press putty down against thumb. Keep fingertips straight.

Repeat _____ times. Do these exercises _____ times per day.

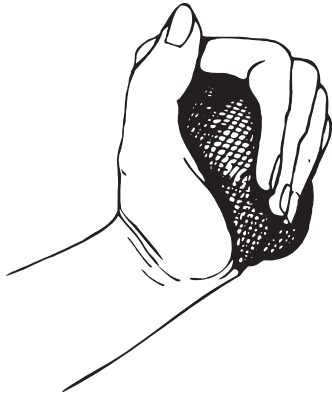
FINGER - Extension



Place putty loop around fingers. Stretch loop by opening hand at large knuckles only. Keep thumb still and fingertips straight.

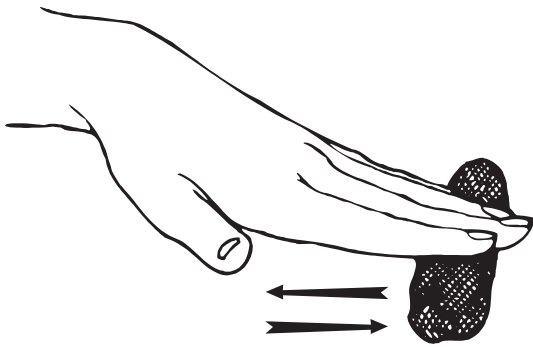
Repeat _____ times. Do these exercises _____ times per day.

FINGER - Flexion



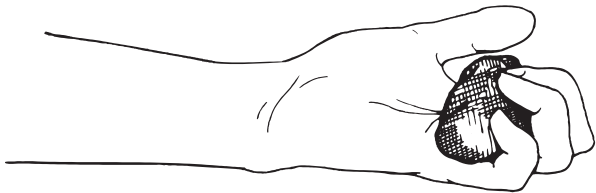
Keeping fingertips straight, press putty towards base of palm.
Repeat _____ times. Do these exercises _____ times per day.

FINGER - Finger Extension



Roll putty back and forth, being sure to use all fingertips.
Repeat _____ times. Do these exercises _____ times per day.

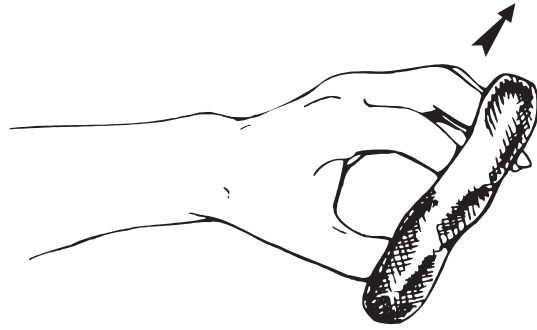
FINGER - IP Fisting



Keeping knuckles straight, bend fingertips to squeeze putty.
Repeat _____ times. Do these exercises _____ times per day.

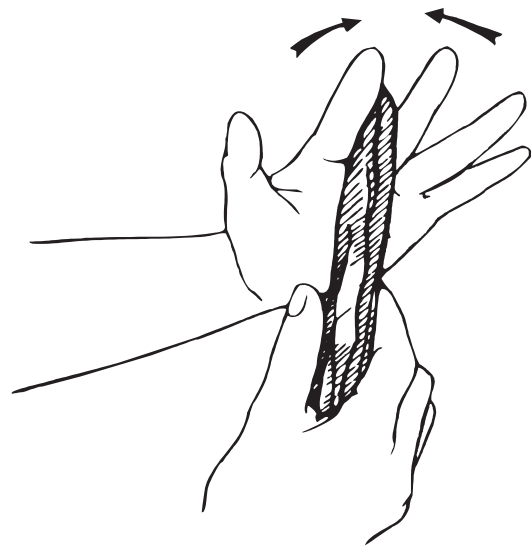
FINGER - IP Extension

Place putty loop around tips of fingers and thumb. Stretch loop by extending middle and tip joints. Keep thumb and large knuckles still. Repeat _____ times. Do these exercises _____ times per day.



FINGER - Abduction

Place putty between fingers. Squeeze putty, keeping fingers straight. Release. Repeat in between all fingers.



FINGER - Grip Strengthening

Squeeze putty using thumb and all fingers. Repeat _____ times. Do these exercises _____ times per day.



Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

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Developed by: Rehabilitation Department

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