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.

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.

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