

## Strengthening Exercises - Theraputty

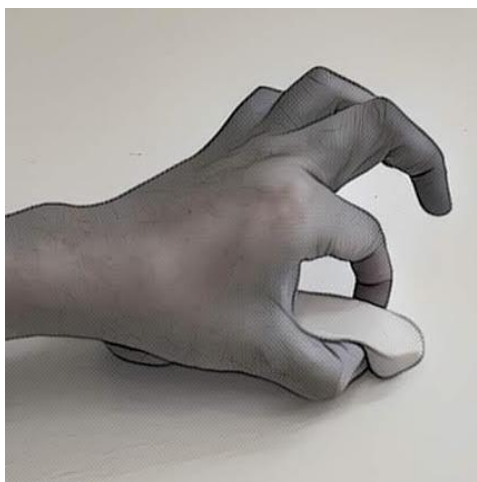
Complete the following exercises \_\_\_\_\_ times per day for \_\_\_\_\_ repetitions.  
Hold for 5 seconds.



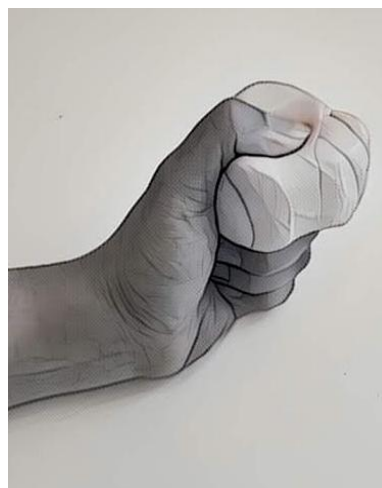
**1. Squeeze the putty in your fist.**



**2. Push your thumb into putty.**

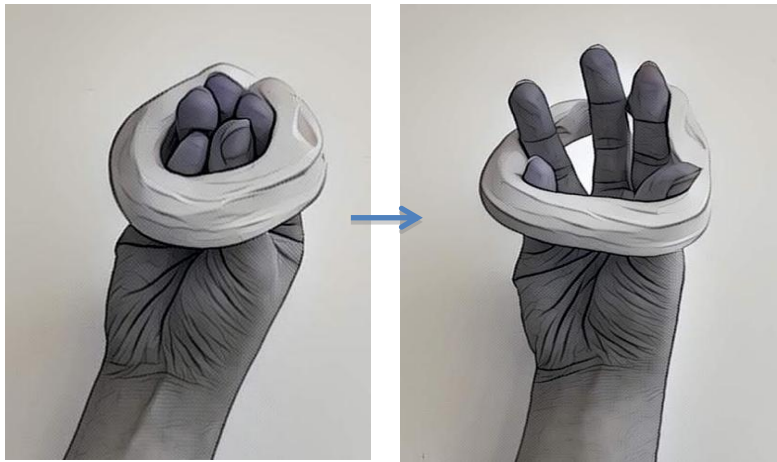


**3. Roll the putty, then pinch each finger to your thumb in the putty.**

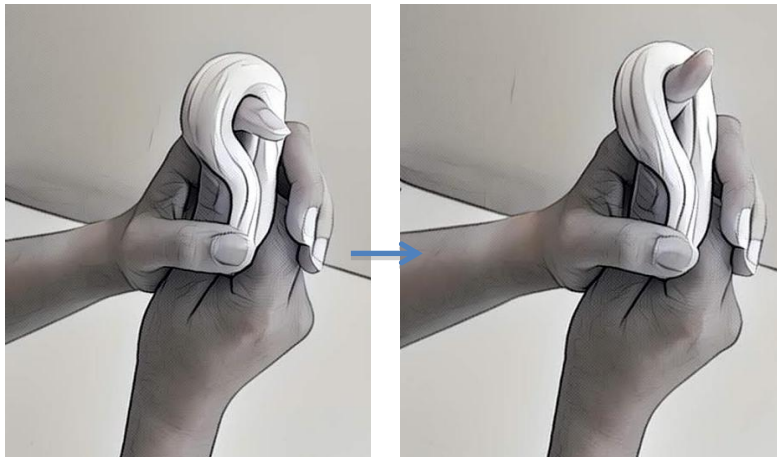


**4. Pinch your thumb against the side of your fingers in the putty.**

*Developed: June 2017*



**5. Separate all of your fingers against a ring of putty.**



**6. Straighten your finger against a ring of putty.**

Keep the theraputty in a container in a cool and dry place when you are not using it.  
*If you have any concerns with this advice, please contact your Therapist:*

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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