

Hand Therapy

Theraputty exercises

Use _____ putty.

Do the exercises marked

_____ times or for

_____ minutes each day.

Precautions

(Courtesy of North Coast Theraputty: Medical Safety Data Sheet 2001)

- Keep away from **children and pets**.
- In case of **contact with eyes**, wash out well with water for 15 minutes. Find medical attention if irritation occurs.
- **If swallowed**, do not force vomiting. If vomiting does occur, give fluids and find medical attention. Small amounts swallowed should not cause any harm.
- **Do not** put inside mouth, nose or ears.
- **Always** store in a plastic bag / container when the putty is not in use.
 - This product **will stain** and may damage varnished surfaces. Please do not leave on any fabric (couch, carpet, clothing, bed sheets, etc) or highly polished / wooden surfaces.
 - Theraputty is very stretchy. If left on a table overnight, it can spread out and can drip / fall onto carpet / chair.

Theraputty exercises

Finger hook

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

Keep your big knuckles straight and bend the fingertips to squeeze the putty.



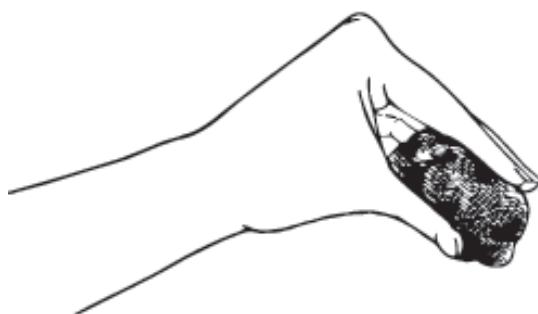
Full grip

Squeeze your thumb and fingers into the putty as if you are making a tight fist.



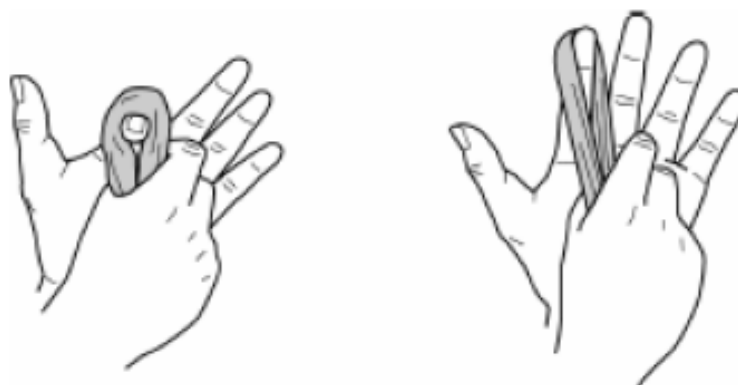
Duckbill grip

Press the putty down with your fingers against the thumb. Bend only your big knuckles. Keep the fingers straight.



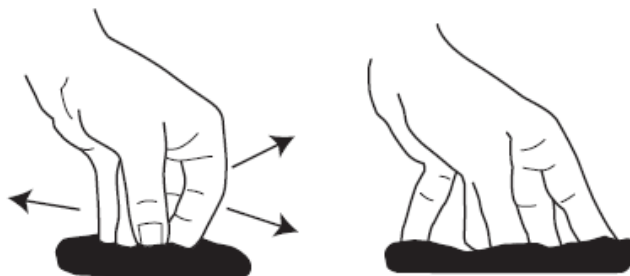
Finger extension

Loop the putty over the end of the finger while it is bent. Straighten the finger whilst keeping the putty anchored with the other hand.



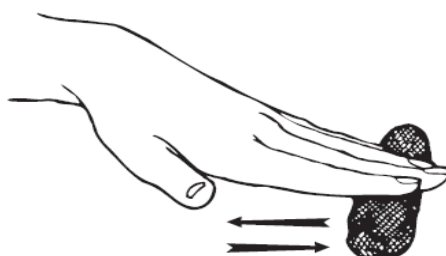
Finger spread

Form the putty into a cone shape on the tabletop. Push your fingertips into the top of the cone and spread out the fingers as strongly as you can.



Finger extension

Roll the putty into a log. Be sure to use all fingers as you roll the putty back and forth.



Finger pinch

Pinch the putty between your thumb and each finger one after the other.



Three jaw chuck pinch

Pull the putty using your thumb, index and middle fingers.



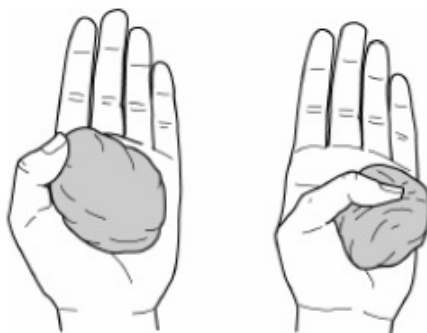
Thumb extension

Loop the putty over the end of your thumb while it is bent. Straighten the thumb by pushing it up against the theraputty.



Thumb press

Push your thumb into the putty as you move your thumb down towards your little finger.



Thumb adduction

Squeeze the putty with your thumb against the side of your index finger. Keep your fingers and thumb straight.



Please contact your therapist if you have any queries or concerns.

Therapist _____ Phone Number _____

Acknowledgements: Cairns Hospital. Images: VHI PC-Kits.

Published: Sep 2012 Reviewed: Mar 2019 Review due: Mar 2024 Handout number: 5.0

An initiative of the Queensland Hand Therapy Network (QHTN).