



## Upper Limb Unit: Hand Therapy


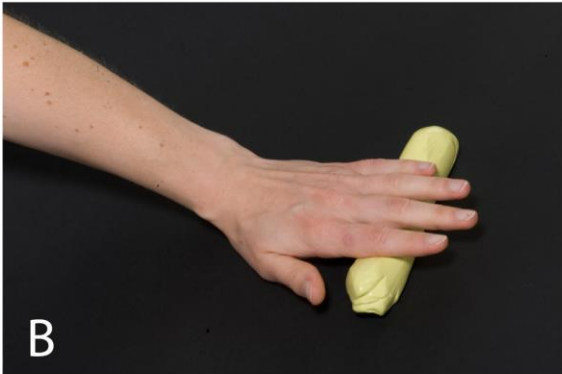


# Putty Exercises

The exercises on the following pages are intended to help improve the movement and strength in your hand and wrist.

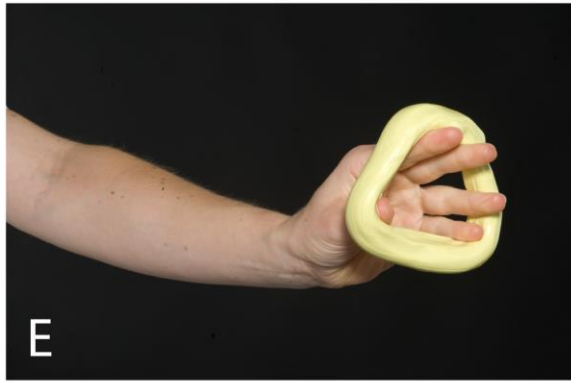
Complete the exercises indicated.....times per day.



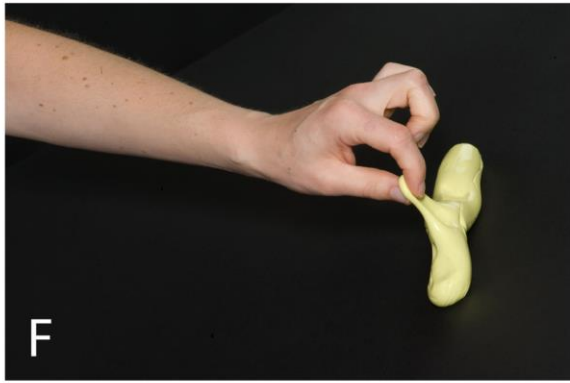
## Patient Information

 A photograph showing a person's right hand squeezing a ball of yellow putty. The hand is positioned palm-side up, and the putty is being compressed between the palm and the fingers.	 A photograph showing a person's right hand rolling a piece of yellow putty back and forth across the palm. The putty is being stretched and smoothed by the motion.
<p><input type="checkbox"/> <b>Palm Squeeze</b> Squeeze the putty as tightly as possible. Relax your grip and repeat the squeezing.</p>	<p><input type="checkbox"/> <b>Palm Roll</b> Roll the putty back and forth. As you roll backwards use the pressure to stretch the fingers straight.</p>
 A photograph showing a person's right hand pinching a piece of yellow putty between the thumb and index finger. The putty is being rolled out into a long, thin strip.	 A photograph showing a person's right hand pushing the knuckles into a full bend in the putty. The wrist is also bent, and the putty is being pushed into a deep crease.
<p><input type="checkbox"/> <b>Pinching</b> Roll out a length of putty as above. Pinch the putty between the thumb and each finger in turn.</p>	<p><input type="checkbox"/> <b>Knuckle Push</b> Push the knuckles into a full bend in the putty. At the same time push the wrist into a bend.</p>

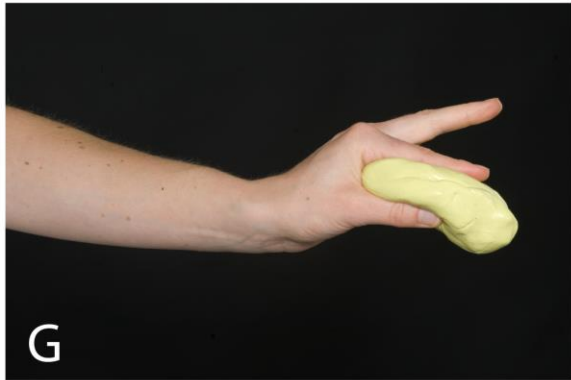
## Patient Information



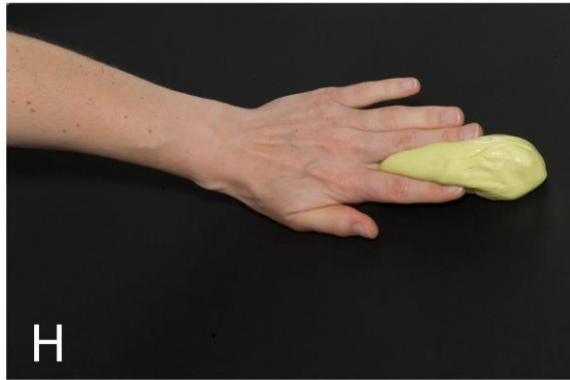
- Doughnut**  
Form a circle with the putty just large enough to fit your fingers and thumb. Stretch out the fingers and thumb pushing the putty away.



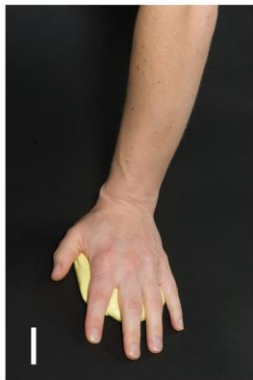
- Pinch & pull**  
Pinch the putty between the thumb and each finger in turn. Maintaining your grip pull away from the putty.



- Thumb squeeze**  
Squeeze the putty between your thumb and index finger with your thumb and finger straight.



- Finger squeeze**  
Roll the putty back and forth. As you roll backwards use the pressure to stretch the fingers straight.



- Palm push**  
Push your hand flat on the putty and push your wrist back.



- Putty twist**  
Squeeze the putty and move your wrists as if you are ringing out a cloth.

## Patient Information



### Further Information

Please speak to your therapist regarding any information in this leaflet or contact us:

For Physiotherapy at **University Hospitals Coventry and Warwickshire**, telephone: **024 7696 6013**. For further information please visit our hand service web site <http://tinyurl.com/uhcwhand>

For Physiotherapy at **St Cross Hospital Rugby**, telephone **01788 663257**.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 6016 and we will do our best to meet your needs.

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### Document History

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