
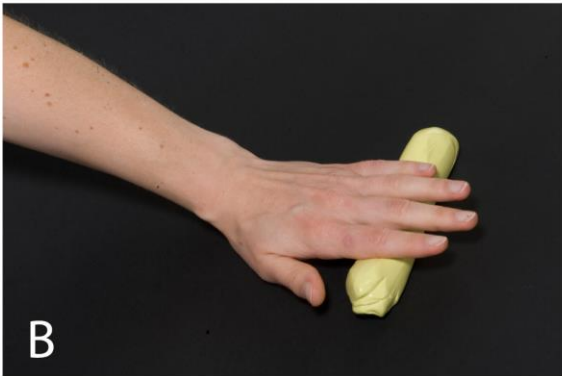




Hand Therapy

Putty Exercises

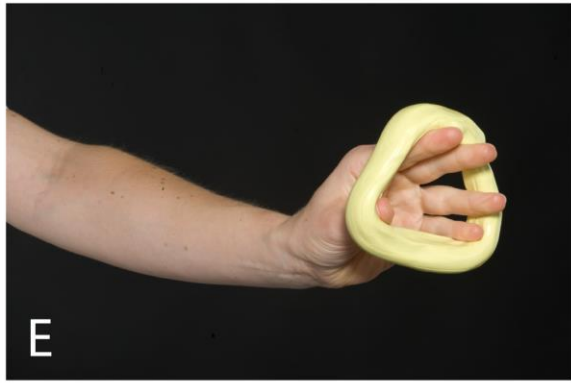
The exercises on the following pages are intended to help improve the movement and strength in your hand and wrist.

Complete the exercises below.....times per day.

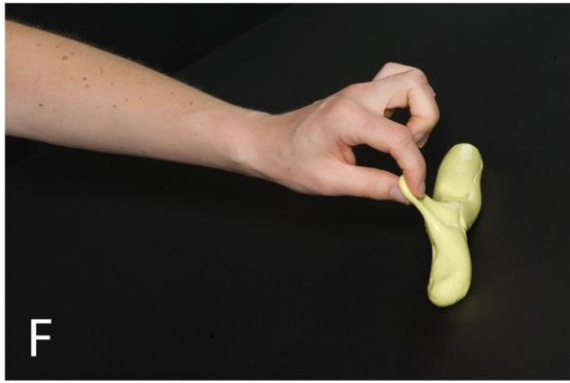
 <p>A</p>	 <p>B</p>
<input type="checkbox"/> Palm Squeeze Squeeze the putty as tightly as possible. Relax your grip and repeat the squeezing.	<input type="checkbox"/> Palm Roll Roll the putty back and forth. As you roll backwards use the pressure to stretch the fingers straight.
 <p>C</p>	 <p>D</p>
<input type="checkbox"/> Pinching Roll out a length of putty as above. Pinch the putty between the thumb and each finger in turn.	<input type="checkbox"/> Knuckle Push Push the knuckles into a full bend in the putty. At the same time push the wrist into a bend.



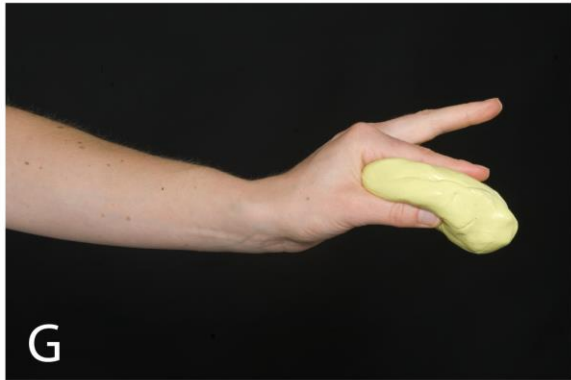
Patient Information



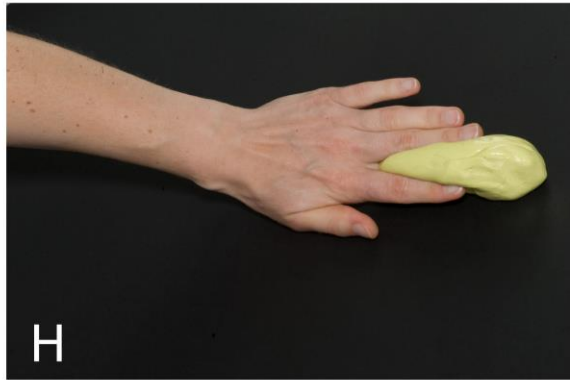
- Doughnut**
Form a circle with the putty just large enough to fit your fingers and thumb. Stretch out the fingers and thumb pushing the putty away.



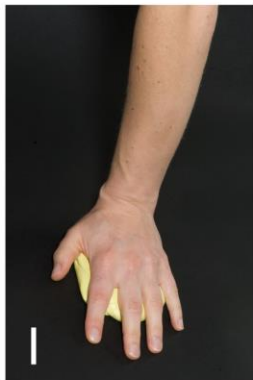
- Pinch & pull**
Pinch the putty between the thumb and each finger in turn. Maintaining your grip pull away from the putty.



- 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.

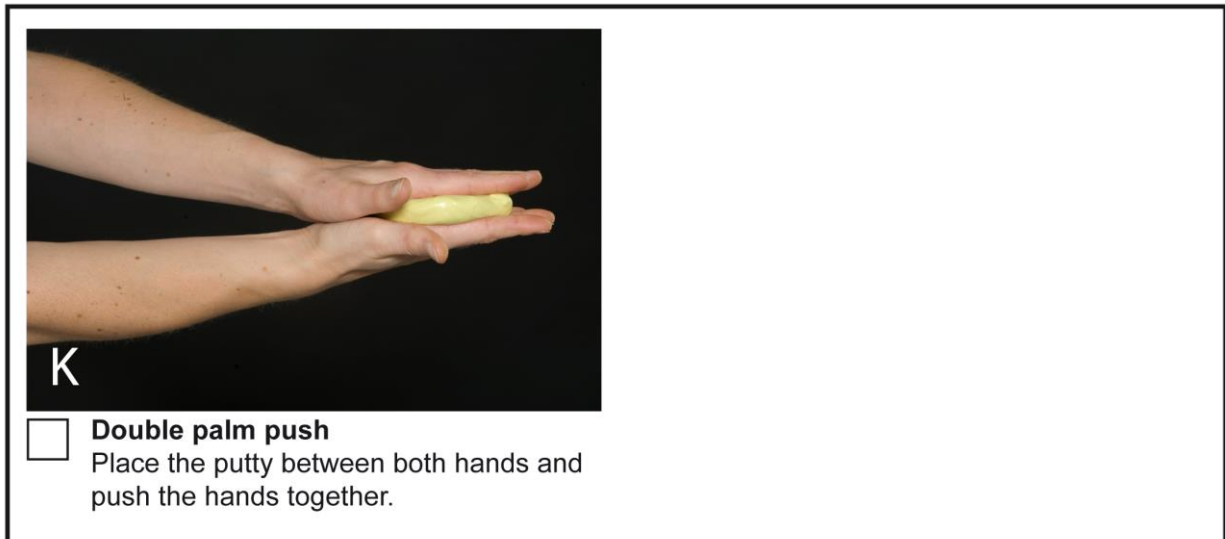


- Palm push**
Push your hand flat on the putty and push your wrist back.



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

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Patient Information

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