
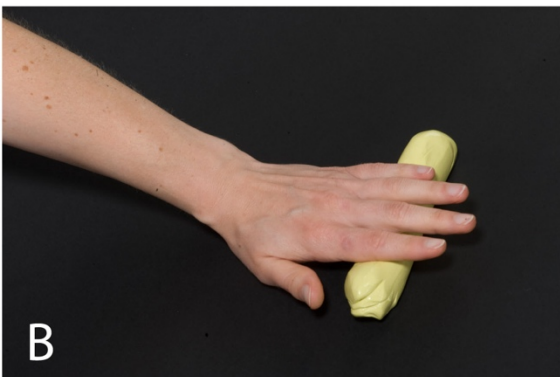





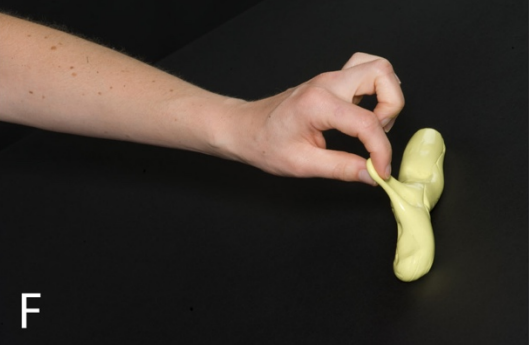
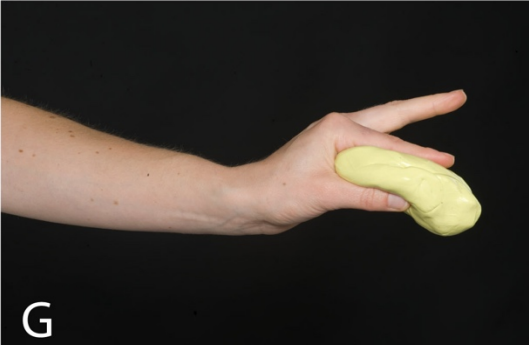
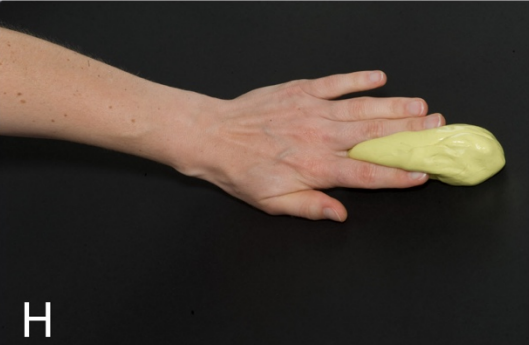


Putty exercises

Introduction

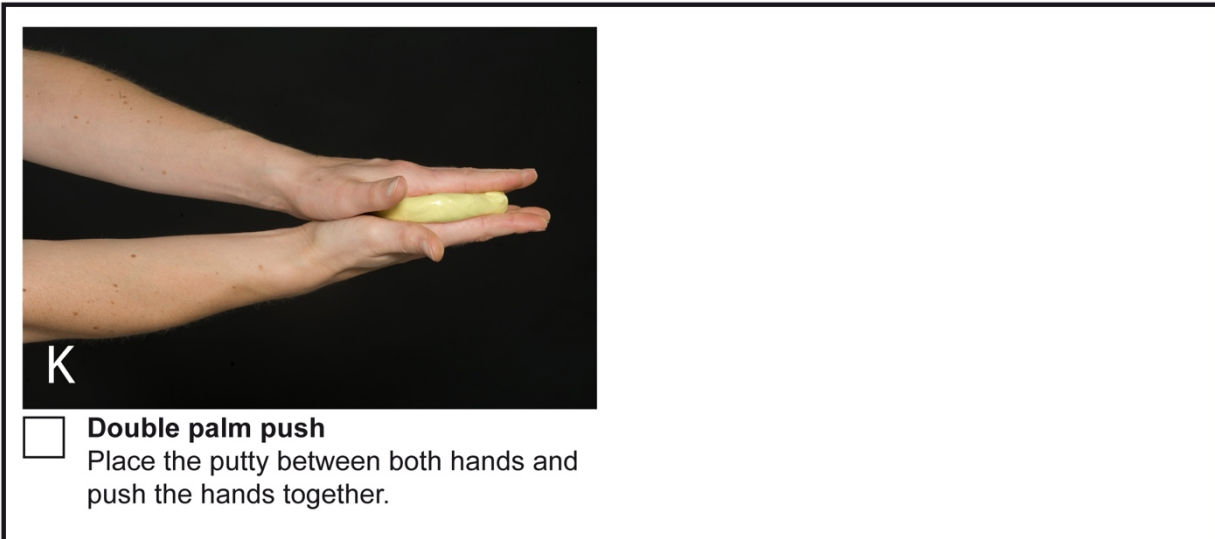
The exercises on the following pages are intended to help improve the movement and strength in your hand and wrist. Complete the exercises indicated times per day.

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

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| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>E</p> |  <p>F</p> |
| <p><input type="checkbox"/> 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.</p> | <p><input type="checkbox"/> Pinch & pull Pinch the putty between the thumb and each finger in turn. Maintaining your grip pull away from the putty.</p> |
|  <p>G</p> |  <p>H</p> |
| <p><input type="checkbox"/> Thumb squeeze Squeeze the putty between your thumb and index finger with your thumb and finger straight.</p> | <p><input type="checkbox"/> Finger squeeze Roll the putty back and forth. As you roll backwards use the pressure to stretch</p> <p>Squeeze the putty between index finger and middle finger, middle and ring finger and ring finger and little</p> |
|  <p>I</p> |  <p>J</p> |
| <p><input type="checkbox"/> Palm push Push your hand flat on the putty and push your wrist back.</p> | <p><input type="checkbox"/> Putty twist Squeeze the putty and move your wrists as if you are ringing out a cloth.</p> |

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Further information

The day surgery unit can be contacted on 02476 966861 / 02476 966868 (University Hospital), or on 01788 663264 (Hospital of St. Cross). For further information please contact Hand Therapy:

- at University Hospital Coventry & Warwickshire on 02476 966016
- at Hospital of St. Cross, Rugby on 01788 663257
- our specialist hand surgery nurse / hand-coordinator on 02476 965072

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476 966861 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

| | |
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