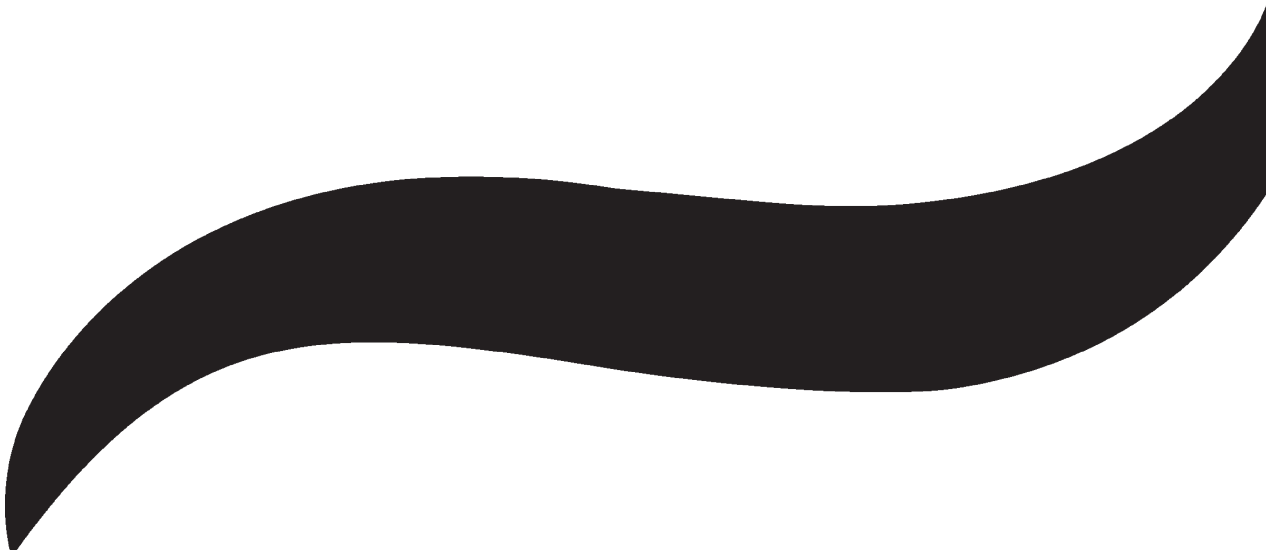




# Theraputty Exercises

Information for Patients  
Occupational Therapy Department



# Theraputty Exercises

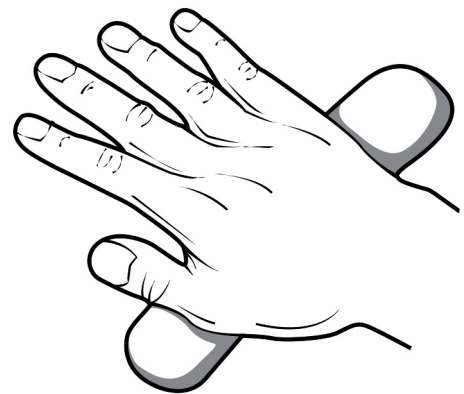
The following theraputty exercises are provided as a guide by your therapist to add graded resistive exercise to your programme.

Your therapist will provide you with the most suitable strength of putty for your post-injury/surgery protocol.

Please use the putty on a hard surface such as a table/tray. Do not allow it to come into contact with rugs, fabric, hair or furs for any length of time, as it may stain and be very difficult to remove.

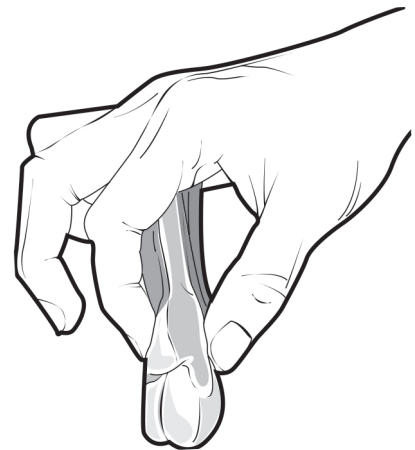
## Gross Finger and Wrist Extension

Roll putty into a coil with a back and forth motion. Keep fingers and wrist stretching up while rolling gently.



## Opposition

*Individual pinch* - Place a piece of putty between the pads of the thumb and index finger. Squeeze through until the digits meet. Repeat with each of the other fingers.



## Gross Finger Flexion

Make a roll of putty and place it in the palm of the hand. Bend fingers around it, making a fist.



### Intrinsic Stretch

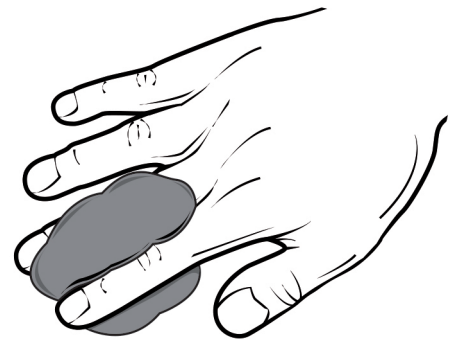
Place arm on the table with the palm facing up.

Put a roll of putty at the base of the fingers. Curl the finger tips into the putty without moving the big knuckles.

### Finger Squeeze

Roll putty into a ball and place between two spread fingers. Using a scissors like motion, try bringing the two fingers together.

Repeat, using different pairs of fingers until all fingers have been exercised.



### Gross Opposition

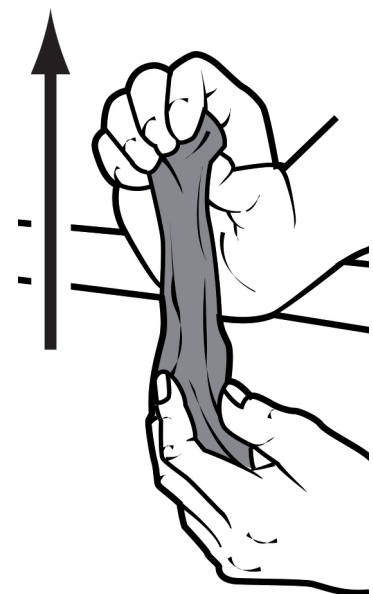
Shape the putty into a pancake and stick it to a flat surface. Place fingers and thumb lightly on the edge of the pancake.

Draw them together towards the centre around it making a fist.

### Wrist Extension

Rest the forearm on a table or arm of a chair, palm down, allowing the hand to hang down over the edge. Grip the Theraputty with the fingertips of the involved hands.

While holding the putty steady with the other hand, attempt lifting the wrist while keeping your arm on the table.



**You should only do these exercises if you have been seen and assessed by an Occupational Therapist.**

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## UNIVERSITY HOSPITAL

### HAIRMYRES

East Kilbride G75 8RG

Telephone 01355 585000

## UNIVERSITY HOSPITAL

### MONKLANDS

Monkscourt Avenue

Airdrie ML6 0JS

Telephone 01236 748748

## UNIVERSITY HOSPITAL WISHAW

50 Netherton Street

Wishaw ML2 0DP

Telephone 01698 361100



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Tel No: 0800 22 44 88

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[Services@lanarkshire.scot.nhs.uk](mailto:Services@lanarkshire.scot.nhs.uk)

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Telephone:	01236 712381
Clinical Lead:	

PIL.PUTTY.37940.M  
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