



Finger Extension

Make a doughnut out of putty. Place it around the thumb and desired digit. Stretch the digit away from the thumb, (stabilize the thumb if necessary).



Gross Finger Extension

Make a doughnut out of putty. Place it around the thumb and fingers. Stretch all digits out against the putty.

If you have any questions regarding any of the exercises included within this leaflet, please contact the Physiotherapy Department on **0114 263 2112**.

If you have questions concerning your wounds/incisions or dressings please contact the Nursing Staff on **0114 263 2176**.



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Hand Strengthening Exercises (Therapeutic Putty) Hand Therapy Exercise Advice



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This booklet is designed to act as a guide to strengthening exercises for the hand through the use of therapeutic putty. Your therapist may have provided you with specific exercises which are appropriate to your condition.

The putty strength that you have been issued should provide a challenge and not pain. Please store the putty in the fridge in the container provided. Wash your hands before and after use of the putty. Avoid contact with clothing and fabrics. The putty will become softer through use, after 5-10 minutes. Place back in the fridge to firm.

If there are any queries regarding the use of the therapeutic putty please contact your therapist.



Gross Finger Flexion

Squeeze the putty in the palm of the hand. Try to curl the fingers around the putty, ensuring movement right from the fingertips.



Opposition

Shape the putty into a cone. Place the fingers and thumb around the putty and lightly pull up on the cone, bringing the thumb and fingers together.



Opposition

Shape the putty into a pancake and stick to a flat surface. Place the fingers and thumb on the edge of the pancake and draw them together to the centre.



Gross finger and Wrist Extension

Roll the putty into a sausage shape with a back and forth motion. Keep the fingers and wrist extended whilst rolling gently.



Pinching

Place a piece of putty between the pads of the thumb and index finger. Squeeze through until the digit tips meet. Repeat with the other fingers.



Lateral Pinch

Place a ball of putty between the side of the index finger and thumb. Squeeze until the digits meet.



Three-Jaw Chuck Pinch

Place a ball of putty between the thumb and pads of the index and middle fingers, making a triangle. Squeeze through until the digits meet.



Pad-to-Pad Pinch

Hold the putty in one hand and with the thumb and finger pads of the other hand pinch off small pieces of putty by twisting and pinching.



Thumb and Finger Adduction

Place a piece of putty between two fingers or thumb and index finger and squeeze through until the digits meet.



Thumb Flexion and Extension

Shape the putty into a sausage. Press the thumb tip into the putty and then lift it out slowly.