



Thera-putty exercises

Please begin the following exercises as instructed by your therapist:

Grip strength:

<p>Squeeze the putty, bringing your fingers in to make a fist.</p>		
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Hook grip:

<p>Make the putty into a sausage and place it at the base of your fingers. Pull your fingertips in towards the palm against the resistance of the putty.</p>		
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Ball rolling:

<p>Using only your injured hand manipulate the putty into a perfect ball.</p>		
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Cube making:

<p>Using only your injured hand manipulate the putty into a perfect cube.</p>		
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Pinching:

<p>Roll the putty into a sausage. 1) Using the injured hand, pinch the putty using your fingernails of your thumb and forefinger.</p>		
<p>2) Using your injured hand, pinch the putty using the pads of your thumb and forefinger.</p>		
<p>3) Using your injured hand, pinch the putty between the pad of your thumb and the side of your forefinger. Then pinch and twist as if turning a key.</p>		

Thumb extension:

<p>Make the putty into a small ring and put the tips of you thumb, index and middle fingers into the centre. Extend the thumb away from the fingers against the resistance of the putty.</p>		
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If you have any queries about your outpatient physiotherapy please contact the Outpatient Physiotherapy Department on: 0118 322 7811.

This document can be made available in other languages and formats upon request.

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