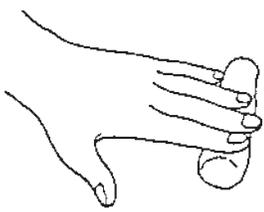


Putty Exercises

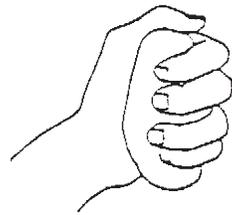
General precautions

1. Putty runs like taffy, bounces like a ball, and cracks like ice, so keep putty in closed container when not in use.
2. Work on a hard surface and avoid having it come in contact with clothing.
3. Use Mr. Clean® to get out of bedding or clothing.



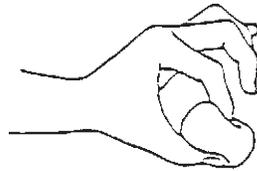
Gross Hand and Wrist Movement

Form putty into a roll and place on table. Place hand on top of roll and roll from tips of fingers to wrist.



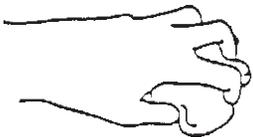
Gross Finger Flexion

Place putty in palm of hand and squeeze putty to make a fist.



Isolated Opposition

Place ball of putty between thumb and index finger. Squeeze through ball until the fingers meet. Repeat with each of the other fingers.



Gross Opposition

Place a flat disc of putty on table. Place hand over putty with fingers at edge of disc and draw them together toward the center.

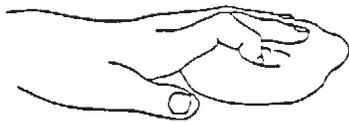
Shape putty into a cone and stick base to a table. Place fingers and thumb around base of the cone. Squeeze all fingers and thumb together while pulling up on cone.



Thumb Flexion

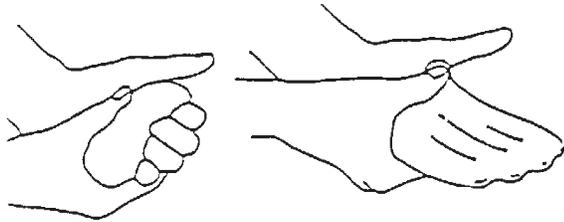
Shape putty into a cylinder. Grasp putty with thumb on top. Press thumb down.

Continued



Isolated Finger Flexion

Stick putty to table. Place fingertips on putty and pull, curling fingers under, one at a time. Do not use arm for pulling.

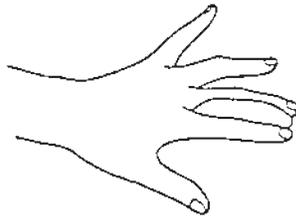


Gross Finger Extension

Put putty over ends of fingertips. Place other hand on putty in the palm and stretch out fingers of affected hand.



Stick putty to table surface. Curl fingers under and place fingertips on putty. Using fingers only, push putty out across table.



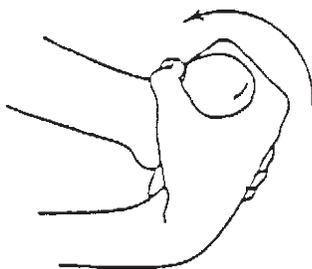
Finger Adduction

Place a piece of putty between two fingers and squeeze fingers together.



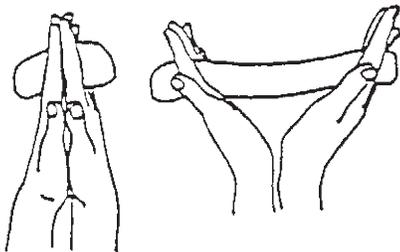
Finger Abduction

Place ring of putty around four fingers and thumb. Spread fingers apart.



Wrist Flexion

Hold cylinder of putty like a baseball bat with both hands. Turn top hand toward body.



Wrist Extension

Place putty between index and middle fingers of both hands, with forearms and wrists together. Pull wrists backwards. Repeat, placing putty between other fingers.