

# Therapeutic Putty

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## Hand Strengthening Exercises

You have been provided with exercise putty by your therapist to help improve your hand strength.

This leaflet includes information on how to look after the putty and exercises for you to complete following demonstration and guidance from your therapist.

### Cautions

- Use only as directed by your therapist. The exercises applicable will have a tick by them in this leaflet
- When you start exercising it is not uncommon to experience some pain, stiffness or increased swelling. If these symptoms persist stop the exercises and discuss with your therapist
- Wash your hands before and after use
- Keep putty in bag/pot to prevent it from drying out
- Keep it away from small children and animals
- Avoid direct contact between putty and materials such as fabric, clothing and carpet
- Keep putty away from excessive heat or open flame
- If in a hot environment, store putty in the pot in a fridge
- For external use only. In case of ingestion seek professional assistance. Avoid contact with eyes, nose and ears.

**Complete the ticked exercises on the next page**



## 1. Gross finger flexion



Repetitions:..... Times a day:.....



- Make a ball of putty and place it in the palm of the hand
- Bend your fingers around it, and slowly sink your fingers into the putty until you cannot bend them any further.

## 2. IP Joint Flexion (a)



Repetitions:..... Times a day:.....



- Make the putty into a sausage shape and place it across the bottom of your fingers
- Bend your fingertips only to squeeze the putty.

## 2. IP Joint Flexion (b)



Repetitions:..... Times a day:.....



- Flatten the putty into a pancake, place your hand flat over the putty and rest your other hand on top
- Start bending your fingers as far as you can, keeping your palm on the putty.

### 3. Gross Finger Extension



Repetitions:..... Times a day:.....



- Make a pancake with the putty
- Lay your hand palm down with your fingers curled into the putty
- Press your fingertips into the putty and push putty away while uncurling your fingers.

### 4. Gross Opposition



Repetitions:..... Times a day:.....



- Shape putty into a pancake and place on a suitable flat surface
- Place your fingers and thumb lightly on the edge of the pancake
- Draw your fingers together toward the centre of the putty.

### 5. Individual Finger Extension



Repetitions:..... Times a day:.....



- Make a doughnut shape
- Place the desired finger and thumb inside the doughnut
- Stretch your finger away from thumb
- If this is too easy with the putty try using an elastic band.

## 6. Finger Abduction

☐ Repetitions:..... Times a day:.....



- Place a ring of putty around your four fingers at the middle joint
- Spread fingers apart, against the putty
- Use elastic bands if this is too easy.

## 7. Finger Adduction

☐ Repetitions:..... Times a day:.....



- Make a small ball of putty and place it in between your index and middle fingers at the base
- Bring your fingers together, keeping them straight
- Repeat this between your middle and ring finger, then your ring and little fingers.

## 8. Thumb Flexion

☐ Repetitions:..... Times a day:.....



- Shape the putty into a ball
- Push the tip of your thumb deep into the putty.

## 9. Thumb Extension

☐ Repetitions:..... Times a day:.....



- Fold some of the putty over the tip of your thumb. Push your thumb back straight against the putty as far as possible.

## 10. Tip to Tip Pinch

☐ Repetitions:..... Times a day:.....



- Roll putty into sausage and pinch using tip of your thumb and index finger
- Squeeze until your fingers meet
- Repeat with other fingers
- Try to keep the tip of your thumb in a bent position making an 'O' shape with your finger.

## 11. Lateral Pinch

☐ Repetitions:..... Times a day:.....



- Place a roll of putty between the side of the index finger and the tip of your thumb
- Squeeze until your fingers and thumb meet.

## 12. Tripod Pinch

☐ Repetitions:..... Times a day:.....



- Place a roll of putty between your thumb and tips of your index and middle fingers
- Squeeze until your fingers meet.

## 13. Thumb Radial Abduction

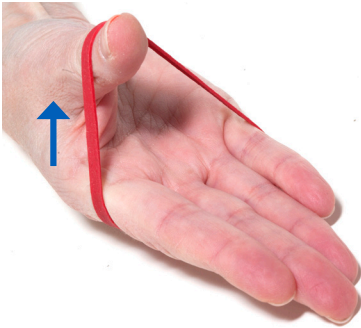
☐ Repetitions:..... Times a day:.....



- Place the putty on the table
- Lay your hand next to the putty with your thumb close to your palm
- Push your thumb out from your palm into the putty.

## 14. Thumb Palmar Abduction

☐ Repetitions:.....Times a day:.....



- Place a elastic band around the base of your fingers and the tip of your thumb
- Keep your fingers straight and stretch your thumb away from your palm and toward you against the band.

If you have any queries or concerns during your treatment, please don't hesitate to speak to your therapist.

Your therapist is: .....

Telephone number: .....

## **Patient Experience Team**

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

### **The contact details are:**

Telephone: 01302 642764 or 0800 028 8059

Email: [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)

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Clinical Therapies

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