

# Thera-Putty Exercises

Repeat these exercises \_\_\_\_\_ times for \_\_\_\_\_ times a day.

These exercises will strengthen the muscles of your fingers, hand and forearm.

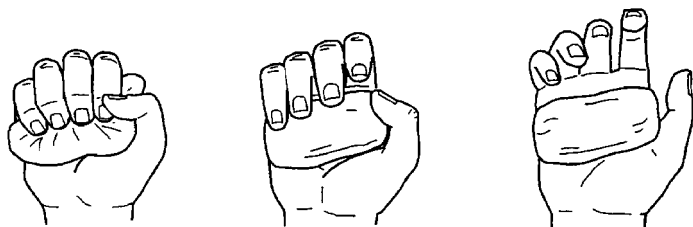
## Finger Hook

Make a hook with your fingers as you press into the putty.



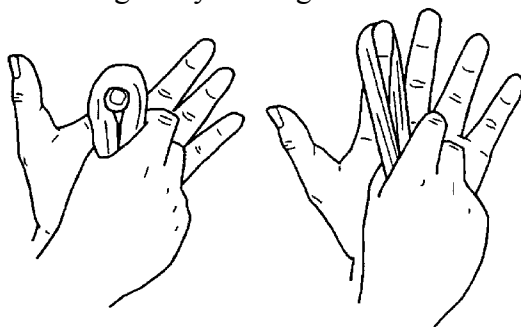
## Full Grip

Squeeze your fingers into the putty like your are making a fist.



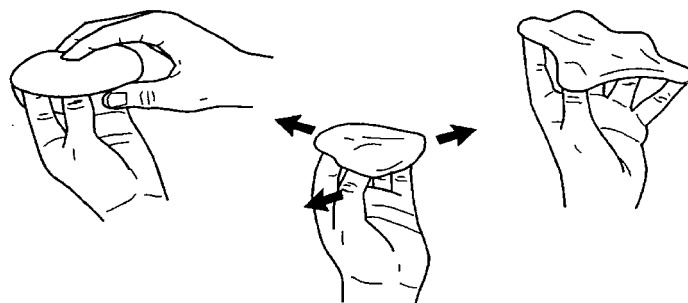
## Finger Extension

Loop the putty over the end of the finger while it is bent. Try to straighten your finger.



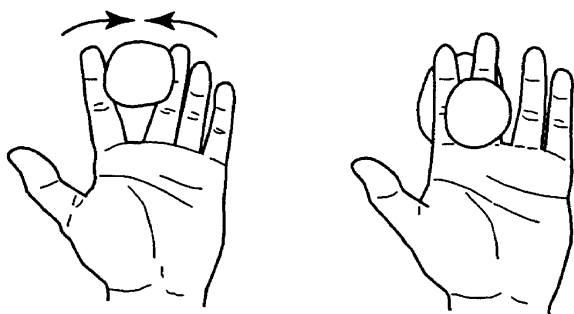
## Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



## Finger Scissor

Place a 1 inch thick piece of putty between each pair of fingers and squeeze together.



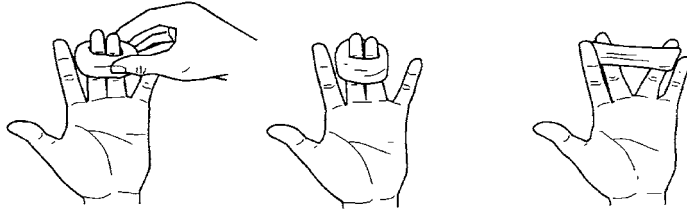
## Finger Pinch

Pinch the putty between each finger and the thumb.



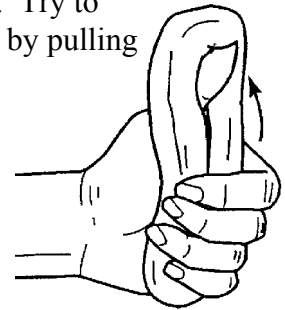
### Scissor Spread

Place putty around two fingers at a time and try to spread them apart.



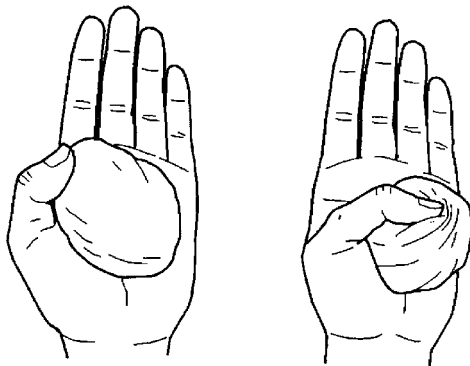
### Thumb Extension

Loop the putty at the end of your thumb while it is bent. Try to straighten your thumb by pulling it upward.



### Thumb Press

Push your thumb into the putty as you move the thumb toward your small finger.



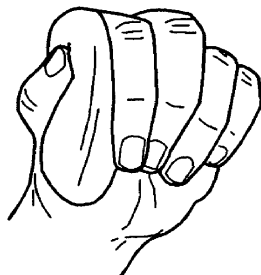
### Thumb Adduction

Press the putty with your thumb against the side of your index finger. Keep your fingers and thumb straight.



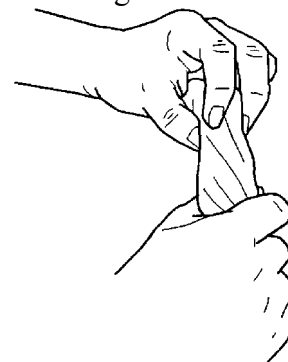
### Thumb Pinch Strengthening

Squeeze the putty between your thumb and side of the index finger.



### Three Jaw Chuck Pinch

Pull the putty using your thumb, index and middle finger.



**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**