

Therapeutic putty exercises

This leaflet shows you how to perform the hand exercises your therapist has given you. The exercises your therapist has marked should be done _____ times, every _____ hours during the day.

Remember that it is the quality of the exercises that counts rather than the quantity.

If you have any further questions or concerns, please speak to your therapist.



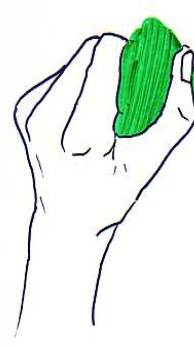
Mass grasp

Form a ball with the putty. Squeeze the putty with all four fingers.



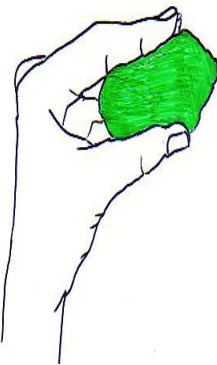
Thumb flexion

Grasp the putty. Push your thumb tip into the putty and slowly pull your thumb out.



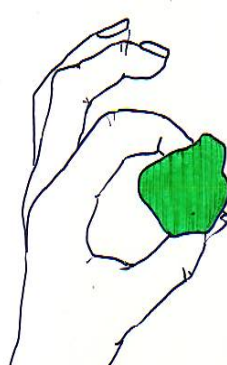
Key pinch

Pinch putty between your thumb tip and side of your index finger.



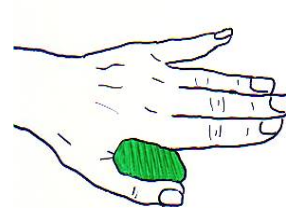
Palmar pinch

Pinch putty between your thumb, index and middle finger.



Tip pinch

Pinch putty between your thumb tip and the tip of your index finger.

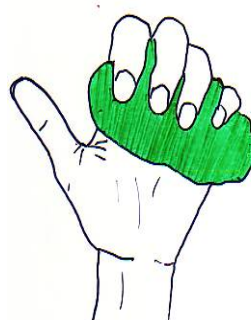


Adductor pinch

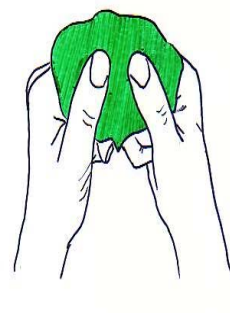
With your hand flat on the table, pinch putty between your thumb and the side of your index finger.



Hook fist



Front view

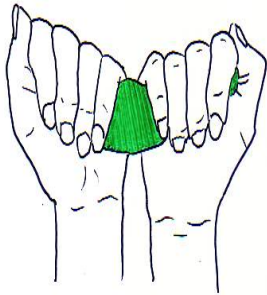


Two handed key pinch

Using both hands, pinch putty between your thumb tips and sides of your index fingers. Try to pinch and pull the putty.

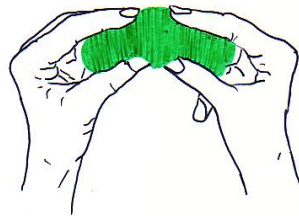
Back view

Make a hook fist and squeeze putty between your fingers and your hand.



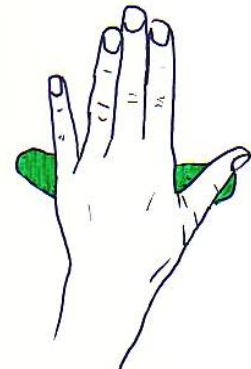
Two handed grasp

Grasp the putty with the little finger side of both hands. Pull the putty apart.



Two handed palmar pinch

Pinch the putty between your thumbs, index and middle finger tips with both hands and pull the putty apart.



Finger extension

Roll the putty into a tube while lifting your straightened fingers.



Finger adduction

Make a putty rope. Wind the putty rope between your fingers. Squeeze your fingers together.



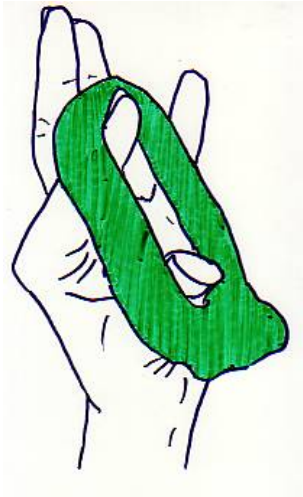
Finger abduction

Wrap putty around fingers and thumb while the fingers are close together. Spread fingers apart.



Finger abduction

Put a tight ring of putty around two fingers. Spread your fingers apart. Repeat the exercise for each finger.



Thumb abduction

Make a small putty ring around your thumb and index finger.

Pull your thumb away from your fingers, keeping the thumb in front of your index finger.

Your therapist

Useful sources of information

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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