



## EXERCISES

Below are a few exercises that are possible with putty. Using a higher level resistance putty, larger quantity of putty, and/or increasing number of repetitions will make exercise more challenging. Putty can also be used to exercise toes!

Levels of resistance from easiest to most difficult:  
Tan - Yellow - Red - Green - Blue - Black

**WARNING**

Therapy routines should be determined by a doctor, therapist, coach, or trainer.

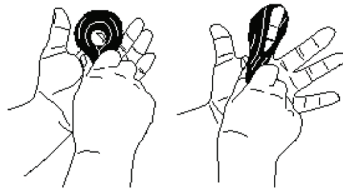
### HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty like you are making a fist. Release fingers, reshape putty and repeat process.



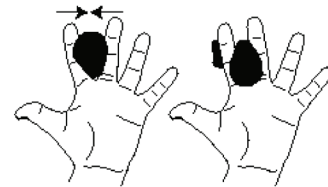
### FINGER EXTENSION

Roll putty into cylinder and wrap putty around bent finger. Hold the putty with the other hand and try extending bent finger. The degree of resistance is controlled by the thickness of the putty held over the fingertip.



### FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Reshape putty and repeat.



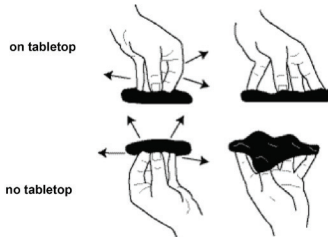
### FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingers into putty.



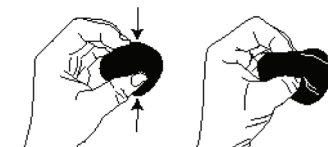
### FINGER SPREAD

Form putty into a pancake shape. Place on table or mold over finger tips while fingers are bunched together. Try to spread fingers apart.



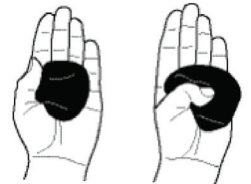
### FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingertips. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



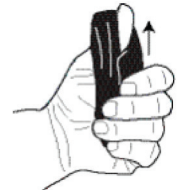
### THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Reshape putty and repeat.



### THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose ends and try to straighten (extend) your thumb.



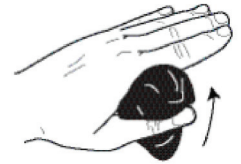
### THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



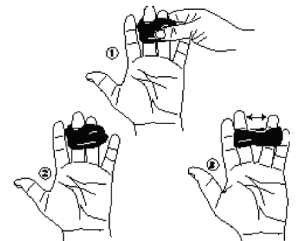
### THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



### SCISSOR SPREAD

Wrap putty around tops of two fingers while they are together (steps 1 and 2). Spread fingers apart (step 3).



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