

# Therapy PUTTY Exercise and Information Sheet

## OUR VALUES

Patient-centred  
and safe

Professional

Responsive

Friendly

You have been provided with exercise putty by your therapist to help with your upper limb strength, range and/or coordination.

This leaflet includes information on how to look after the putty and exercises for you to complete.

The exercises that your therapist wishes you to complete will be ticked.

If you have any queries or concerns about the information or exercises in this leaflet, please contact your therapist.

Patient name:.....
Therapist name:.....
Contact number:.....

## Therapy putty advice

- Use therapy putty as advised with the activity sheet provided.
- Wash hands before and after using therapy putty to keep it clean.
- Place the therapy putty on a clean smooth surface preferably a table.
- Do not allow putty to come in contact with fabric or carpets for any length of time as it can be very difficult to remove.
- Therapy putty is available in a range of strengths or resistances. The different strengths are colour coded as follows:
  - Yellow: extra soft
  - Red: soft
  - Green: medium
  - Blue: firm
  - Black: extra firm

## WRIST Exercises

### 1. Flexion/Extension

- Place your forearms on the table with hands over the edge of the table.
- Grip the putty with one hand at each end.
- Bend wrist upwards towards the ceiling and then down towards the floor, as though you are wringing out a towel.



.....Repetitions .....x per day

### 2. Extension

- Place forearm and elbow of the involved hand on the table.
- Let the wrist relax over the edge of the table with the palm facing the floor.
- Hold one end of the putty.
- Put the other end of the putty in the uninvolved hand that is beneath the table.
- Pull up on the putty with the involved wrist keeping the forearm on the table.



.....Repetitions .....x per day

### 3. Flexion

- Place the forearm and elbow of the involved hand on the table with the wrist over the edge and palm facing up.
- Slip the putty through the ring and middle finger and into the fist.
- Pull up on the putty with the involved wrist, keeping the forearm on the table.



.....Repetitions .....x per day

### 4. Ulnar Deviation

- Place forearms on the table with palms down.
- Grasp putty, one end in each hand.
- Keep your unaffected hand still and bend your affected wrist out towards your little finger.



.....Repetitions .....x per day

## 5. Supination

- Place forearms on the table.
- Grasp putty, one end in each hand.
- Turn affected hand up towards the ceiling aiming palm facing up, keeping the forearm on the table.



.....Repetitions .....x per day

## 6. Pronation

- Grasp the putty at either end with forearms resting on the table and palms facing up.
- Hold one hand steady while the involved hand twists over the top, keeping forearm on the table



.....Repetitions .....x per day

## HAND Exercises

### 7. Intrinsic Function

- Rest elbows on the table.
- Grasp ends of the putty with each hand bending at your knuckles and keeping your finger joints straight.
- Pulls hands and arms apart, slowly until putty is thin.



.....Repetitions .....x per day

### 8. Finger Dexterity

- Roll a small piece of putty into a ball and hold between thumb and index finger.
- Roll the putty ball with your thumb across to little finger and back.



.....Repetitions .....x per day

## FINGER Exercises

### 9. Flexion/Pinch

- Roll putty into sausage shape.
- Pinch down the length of the putty using first the index finger and thumb then repeat with each finger and thumb in turn.



.....Repetitions .....x per day

### 10. Flexion/Grip strength

- Place ball of putty into palm of hand.
- Bend fingers into putty making a fist.
- Squeeze putty and hold for a count of 5 seconds.



.....Repetitions .....x per day



### 11. Flexion/Extension

- Place a semi flat piece of putty on the table.
- Place bent fingers in putty.
- Aim to straighten fingers and spread putty out.
- Then drag putty back to until fingers are bent.



.....Repetitions .....x per day

### 12. Adduction

- Rest with your elbow resting on the table with the hand pointing towards the ceiling.
- Place a ball of putty between each finger in turn and squeeze.



.....Repetitions .....x per day

### 13. Abduction

- Roll putty into a small ring shape.
- Draw your fingers tips together and place the ring of putty over the fingers.
- Spread your fingers out evenly, trying to break the ring.



.....Repetitions .....x per day

### 14. Individual Finger Extension

- Make a small coil of putty and fasten the ends together to form a doughnut.
- Place the desired finger and thumb inside the doughnut. Stretch the desired finger away from the thumb.
- The thumb can be stabilised against a table top.



.....Repetitions .....x per day

**15. Gross wrist and finger extension** □

- Roll putty into a sausage with a back and forth motion.
- Keep fingers and the wrist stretching up whilst rolling gently.



.....Repetitions .....x per day

## THUMB Exercises

### 16. Flexion & Extension

- Place a ball of putty in the palm of your unaffected hand.
- Place the tip of your thumb into the putty.
- Press your thumb into the putty then lift out.



.....Repetitions .....x per day

### 17. Three finger pinch

- Roll the putty into a sausage shape.
- Place your index and middle fingers into a pinch position with your thumb.
- Squeeze the putty until the fingers meet.



.....Repetitions .....x per day

### 18.Lateral Pinch

- Place a ball of putty between the side of the index finger and the pad of the thumb.
- Squeeze your thumb towards the side of your index finger.



.....Repetitions .....x per day

### 19.Pad-to-Pad pinch

- Shape the putty into a dome shape and stick the base to a flat surface.
- Gently pinch the top of the dome with your index finger and thumb.
- Lift the putty between your thumb and index finger so that it becomes stretched.



.....Repetitions .....x per day

## 20. Gross Opposition

- Shape putty into a pancake and stick it to a flat surface.
- Place the fingers and thumb lightly on the edge of the pancake.
- Draw them together toward the centre.



.....Repetitions .....x per day

## 21. Thumb Palmar Abduction

- Place a ring of putty around the base of the fingers.
- Keep the fingers straight and stretch the thumb away from the palm against the putty.



.....Repetitions .....x per day

## 22.Thumb Radial Abduction

- Place a ring of putty around the base of the fingers.
- Keep the fingers straight and stretch thumb sideways away from the palm and against the putty.



.....Repetitions .....x per day

## OUR VALUES

Patient-centred  
and safe

Professional

Responsive

Friendly