HAND & DIGIT THERA-PUTTY EXERCISES

Do each exercise _____ times, _____ times a day.

☐ **FINGER HOOK**
Make a hook with your fingers as you press into the putty.

☐ **FULL GRIP**
Squeeze your fingers into the putty like you 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.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
☐ **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.

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☐ 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 your index finger.

☐ THREE JAW CHUCK PINCH
Pull the putty using your thumb, index and middle fingers.

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