

Thera-Putty Exercises



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

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

Repeat these exercises _____ times for _____ 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.



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 your index finger.



Three Jaw Chuck Pinch

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

