Thera-Putty Exercises

Repeat these exercises _____ times for _____ times a day.
These exercises will strengthen the muscles of your fingers, hand and forearm.

**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.

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Learn more about your health care.
**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 Press Image](image)

**Thumb Adduction**

Press the putty with your thumb against the side of your index finger. Keep your fingers and thumb straight.

![Thumb Adduction Image](image)

**Thumb Pinch Strengthening**

Squeeze the putty between your thumb and side of your index finger.

![Thumb Pinch Strengthening Image](image)

**Three Jaw Chuck Pinch**

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

![Three Jaw Chuck Pinch Image](image)

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.