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.