

# 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.

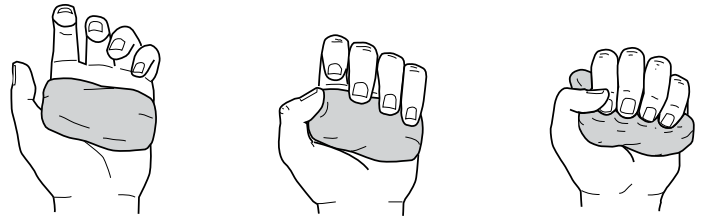
## Finger Hook

Make a hook with your fingers as you press into the putty.



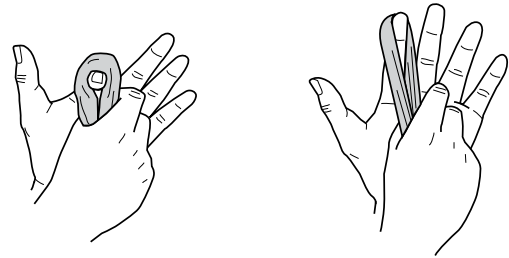
## Full Grip

Squeeze your fingers into the putty like you are making a fist.



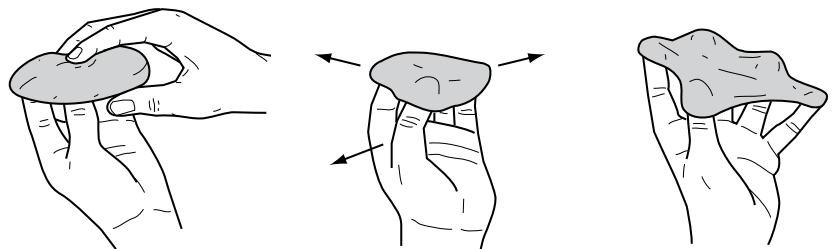
## Finger Extension

Loop the putty over the end of the finger while it is bent. Try to straighten your finger.



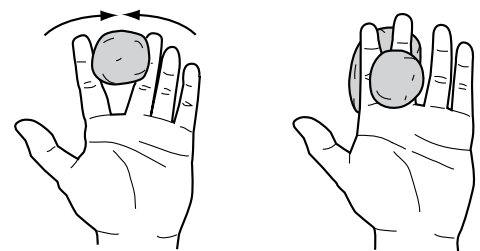
## Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



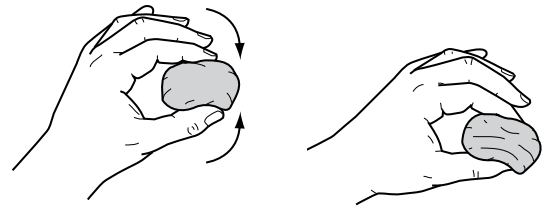
## Finger Scissor

Place a 1 inch thick piece of putty between each pair of fingers and squeeze together.



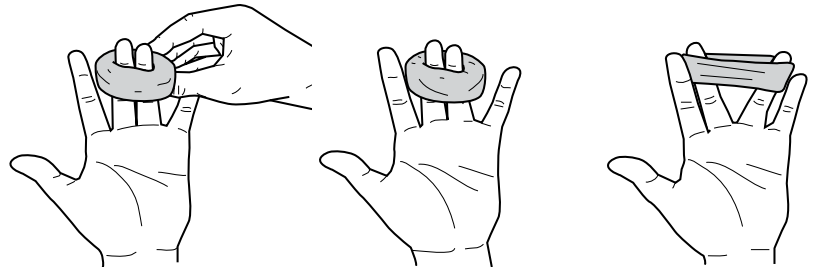
### Finger Pinch

Pinch the putty between each finger and the thumb.



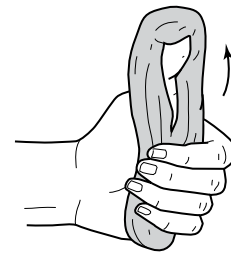
### Scissor Spread

Place putty around two fingers at a time and try to spread them apart.



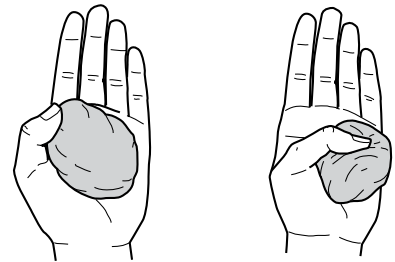
### Thumb Extension

Loop the putty at the end of your thumb while it is bent. Try to straighten your thumb by pulling it upward.



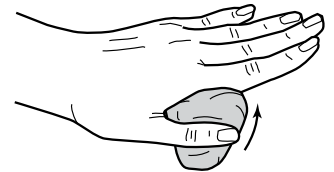
### Thumb Press

Push your thumb into the putty as you move the thumb toward your small finger.



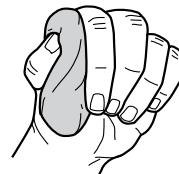
### Thumb Adduction

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.

