**HAND EXERCISES FOR USE WITH THERAPEUTIC PUTTY**

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| **Finger extension** |  | **Finger abduction** |
| **Photo of therapy putty roll. - Brett Sears, PT, 2015** |  | **Photo of finger extension with therapy putty. - Brett Sears, PT, 2015** |
| **Roll the putty into a tube while lifting your straightened fingers.** |  | **Make the putty into a doughnut shape. Place fingers in the hole and stretch out the fingers.** |
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| **Finger abduction** |  | **Finger adduction** |
| **Image of therapy putty finger exercises. - Brett Sears, PT, 2015** |  | **Image of therapy putty finger adduction. - Brett Sears, PT, 2015** |
| **Put a tight ring of putty around you two fingers. Spread your fingers apart. Repeat the exercise for each finger.** |  | **Shape the putty into a small block. Place between index finger and middle finger and squeeze together.** |

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| **Finger pinch** |  | **Tip pinch** |
| **Image of finger tip pinch exercise with putty. - Brett Sears, PT, 2015** |  |  |
| **Shape the putty into a small ball. Hold between the thumb, index & middle fingers and squeeze together.** |  | **Pinch putty between your thumb tip and the tip of your index finger.** |
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| **Adductor pinch** |  | **Finger adduction** |
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| **With your hand flat on the table, pinch putty between your thumb and the side of your index finger.** |  | **Make a putty rope. Wind the putty rope between your fingers. Squeeze your fingers together.** |

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| **Thumb abduction** |  | **Thumb extension** |
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| **Make a small putty ring around your thumb and index finger. Pull your thumb away from your fingers, keeping the thumb in front of your index finger.** |  | **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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| **Finger spread** |  | **Palm grip** |
| C:\Users\SHRobinson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\therapy-putty-exercises-01.png |  | C:\Users\SHRobinson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\DSC_0150.jpg |
| **Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.** |  | **Place a small ball of putty on the table. Use the palm of the hand to grip and lift the putty off the table.** |