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 your 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 pari 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 the index finger.

Three Jaw Chuck Pinch
Pull the putty using your thumb, index and middle finger.

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