

If you have any concern's,
please contact the hand
therapy team on the details
below

Children & Young People's
Occupational Therapy Service
4th Floor
City of Coventry Health Centre
2 Stoney Stanton Road
Coventry, CV1 4FS
Phone: 024 7696 1455



Contact Us

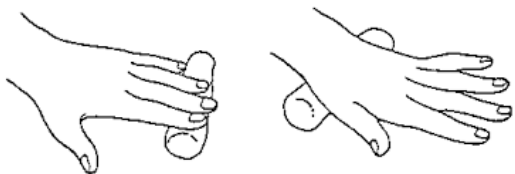
Coventry and Warwickshire Partnership NHS Trust
Headquarters, Wayside House,
Wilsons Lane, Coventry
CV6 6NY

- Tel:** 024 7636 2100
- Email:** enquires@covwarkpt.nhs.uk
- Web:** www.covwarkpt.nhs.uk
- Twitter:** @cwpt_nhs

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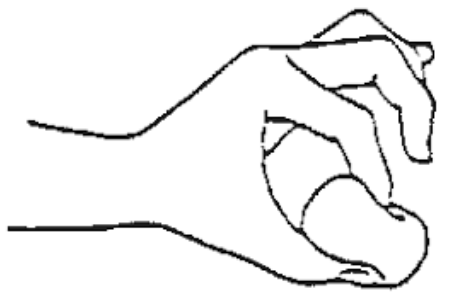
Theraputty Exercises



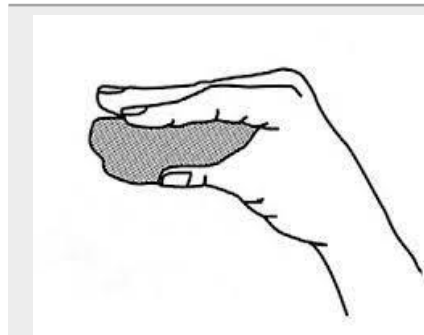
Finger extension - on table top, roll putty into long, thin tube as shown
Repeat 3 times per day



Lateral or Key Pinch - Shape the putty into a ball. Pinch the putty between your thumb and the side of your index finger.
Repeat 3 times per day



Thumb to finger pinch - Sit with your lower arm supported by a table. Pinch a piece of putty between your thumb and your index finger. Squeeze. Continue with your thumb against your middle finger, ring finger and little finger.
Repeat 3 times per day



Intrinsic Strengthening- Roll the putty into a ball. Form a “rooftop” using straight fingers, leaving the thumb underneath. Press all fingers down toward the thumb, keeping fingers straight and together.
Repeat 3 times per day



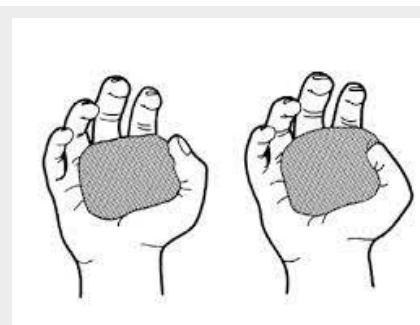
Cylinder Grip - Roll putty into a ball
Sit with hands placed around the putty Bend your fingers and squeeze the putty, deforming it.
Squeeze for 30 seconds, repeat 3 times per day



Thumb adduction - Sit with your lower arm supported by a table, the palm turned downwards. Place the putty between your thumb and index finger. Push your thumb against your index finger. Bring your thumb back out again. Repeat 3 times per day



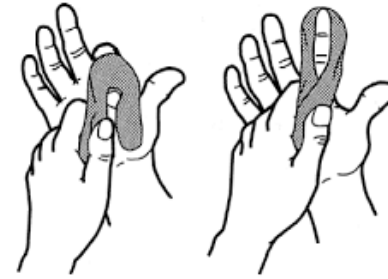
Power grip - Sit with your lower arm supported by a table, the palm of the hand turned upwards and the putty placed in the hand. Bend your fingers, pushing them deeply into the putty - relax.
Squeeze for 30 seconds, repeat 3 times per day



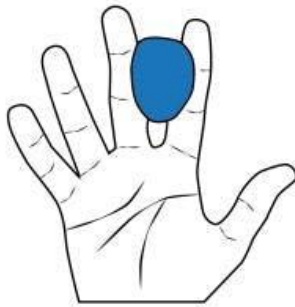
Thumb Flexion – Roll the putty into a ball and place in the palm. Push thumb into the putty.
Reshape and repeat 3 times per day.



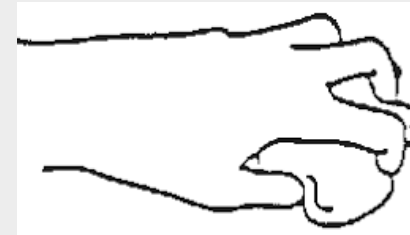
Finger Abduction - Take the putty stretch it out, wrap around your hand in a donut shape whilst keeping your fingers together. Then spread your fingers out to stretch the putty out.
Repeat 3 times per day



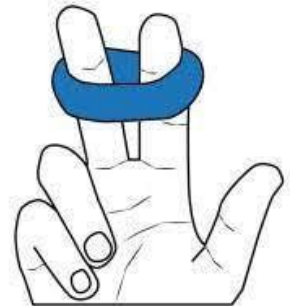
Finger extension - Bend one finger so that the fingertip is close to the palm of the hand. With the other hand, wrap a strip of Putty over the tip of the bent finger and grasp both ends. Straighten the finger. Repeat exercise with each finger.



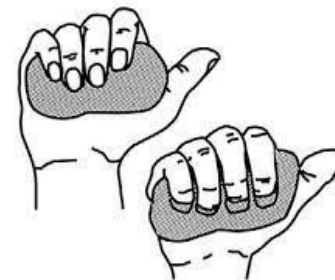
Finger Adduction - Roll your putty into a ball and squeeze it between your fingers. Try doing it with all of your fingers to give your hands extra therapy. Squeeze between your index finger and middle finger. Then repeat between the other fingers.
Repeat 3 times per day



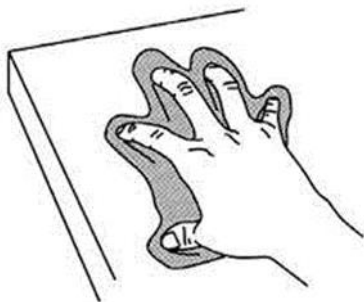
Finger extension - Sit with your lower arm supported by a table, the palm placed on the putty, fingers bent. Straighten your fingers in the putty. Return to starting position.
Repeat 3 times per day



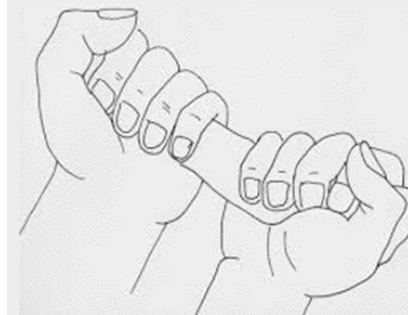
Finger Abduction - Roll the therapy putty out and wrap it around two fingers to form a donut shape. Then, spread your fingers apart.
Repeat 3 times per day



Finger flexion - place Putty into the palm of the hand and press fingers into the putty until the fingertips reaches the palm. Reshape and repeat 3 times per day.



Finger Abduction - Sit with your lower arm supported by a table, the palm resting on the putty. Push your fingers into the putty. Try to spread the fingers as much as possible. Bring your fingers together again.
Repeat 3 times per day



Supination - Roll putty on the table, using both hands hold the putty with palms down then turn palms up
Repeat 3 times per day