



TheraPutty hand exercises

This leaflet shows you some hand strengthening exercises using TheraPutty.

What is TheraPutty?



TheraPutty® is a stretchy, silicon-based exercise material used by therapists for hand therapy. It is a good way to strengthen your hand after your or hand surgery or injury. It can be supplied by your physiotherapist or you can purchase it (or a similar product) online.



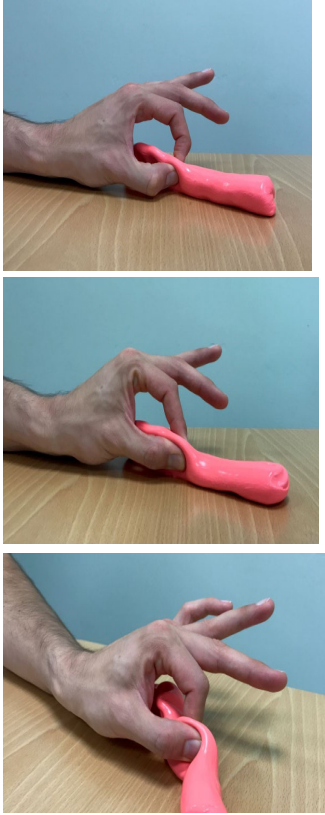

Exercises using TheraPutty



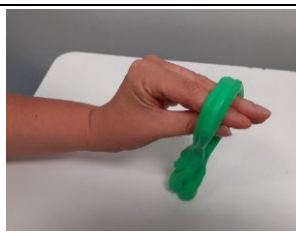
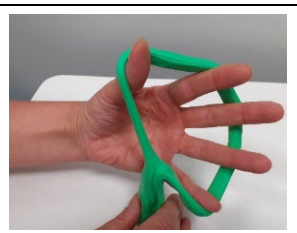
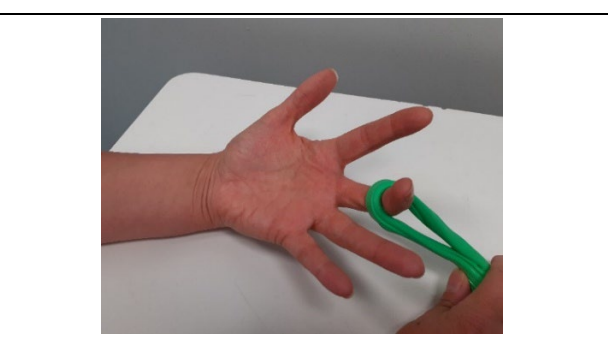


The best way strengthen your hand is by building up activities and function gradually, guided by your physiotherapist. Theraputty and other grip strengthening items can help alongside other functional activities, which your physiotherapist can advise on.


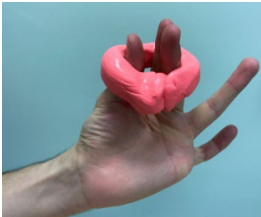


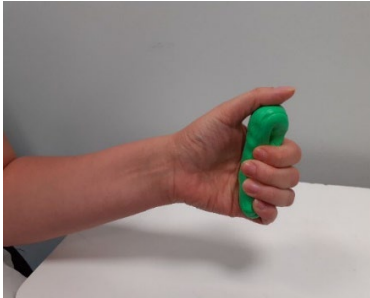
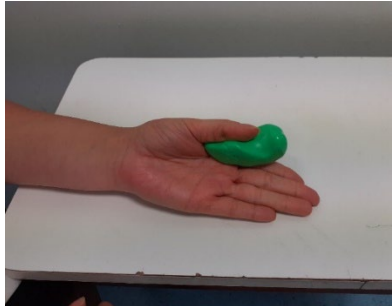
After using putty, make sure you put it back into the container as it can stick to surfaces and be very difficult to remove. Never put the putty on a laptop keyboard as it will melt into the keyboard.

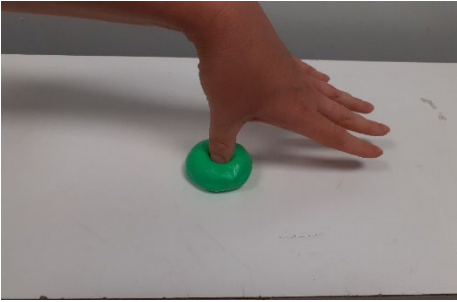

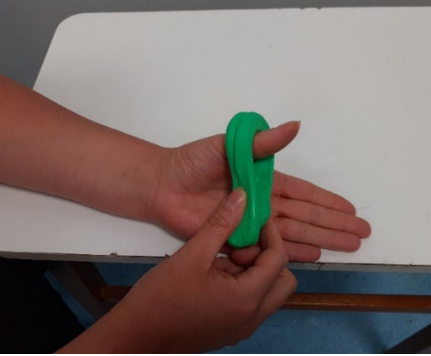
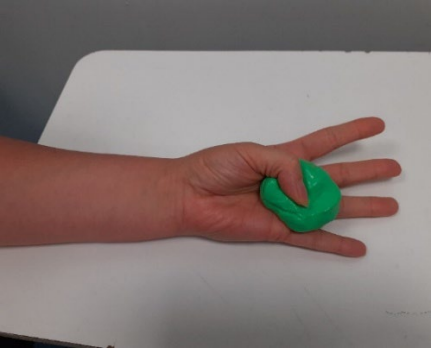
Please begin the following exercises as instructed by your therapist:

Grip strength		
<p>Squeeze the putty, bringing your fingers in to make a fist.</p>		
Hook grip		
<p>Make the putty into a sausage and place it at the base of your fingers. Pull your fingertips in towards the palm against the resistance of the putty.</p>		

Ball rolling and cube rolling		
<p>Using only your injured hand manipulate the putty into a perfect ball, then the perfect cube.</p>		
Pinching		
<p>Roll the putty into a sausage. Using the injured hand, pinch the putty:</p> <ol style="list-style-type: none"> Using your fingernails of your thumb and forefinger. Using the pads of your thumb and forefinger. Between the pad of your thumb and the side of your forefinger. Then pinch and twist as if turning a key. 		
Weaving		
<p>Weave putty through fingers, separate fingers and bring them together against the resistance of the putty.</p>		

Isolated finger extension		
<p>Loop putty around finger in bent position and move finger into straightened position against resistance of putty.</p>		
Finger and thumb extension		
<p>Make a shadow dog position with your hand. Wrap putty around fingers and thumb, straighten out fingers and thumb against resistance of putty.</p>		
Isolated resisted finger flexion		
<p>Wrap putty around palm side of finger, bend finger against resistance of the putty.</p>		
Resisted finger adduction		
<p>Place rolled up putty in between two fingers and squeeze together against putty.</p>		
Lumbricals		
<p>Keep fingers straight and place hand in tent position, push straight fingers down into pool of putty.</p>		

Opposition			
<p>Place rolled up putty in the palm of your hand, make V shape with thumb and little finger by bringing them towards each other against resistance of the putty.</p>			
Thumb strengthening exercises			
<p>Make the putty into a small ring and put the tips of you thumb, index and middle fingers into the centre. Extend the thumb away from the fingers against the resistance of the putty.</p>			
Wide pinch			
<p>Roll putty up as per picture, pinch putty between thumb and index finger.</p>			
Detonator thumb press			
<p>Hold rolled up putty wih fingers, with thumb on top and press thumb down against the putty.</p>			
Resisted thumb adduction			
<p>Place thumb in between thumb and index finger, press against putty with thumb</p>			
Compassionate	Aspirational	Resourceful	Excellent

Thumb stability exercise		
<p>Roll putty into a ball, push thumb down into putty.</p>		
Resisted thumb flexion		
<p>Attach putty to table/hold with other hand. Bend your thumb towards the palm of your hand against the resistance of the putty.</p>		
Resisted thumb extension		
<p>Wrap putty around thumb and hold with other hand. Straighten thumb against resistance of putty.</p>		
Resisted thumb flexion		
<p>Hold putty in palm of hand, bend thumb.</p>		

Contact information

The Hand Therapy Team can be contacted during office hours Monday to Friday via the Clinical Administration Team on: 0118 322 1885.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Hand Clinic JV, JR and HP, August 2021.

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