

Warning

- Use only as directed by your therapist
- External use only, in case of ingestion seek professional assistance, avoid contact with eyes, nose or ears
- Do not apply to damaged or broken skin
- Keep away from excessive heat or open flames.

Care of putty

- Keep away from clothes, rugs, upholstery and polished surfaces
- Always replace in a container, in a cool place
- Warm-up putty (if possible) before use, by kneading in hands.

Special Instructions

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If you have any other problems/queries please contact your Occupational Therapist tel. no:

Occupational Therapists

Work with people of all ages, helping them to carry out the activities they need or want to do in order to lead healthy and fulfilling lives.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.

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Therapeutic Putty Exercises

Occupational Therapy Departments

www.ulh.nhs.uk

Therapeutic putty exercises

Putty can be used as part of your hand strengthening programme for range of movement and grip.

Below are some general hand putty exercises which can be repeated several times:

Gently roll the putty into a sausage shape. Stretch your fingers and your wrist while rolling the putty.



Roll the putty into a sausage shape. Go along the putty pinching between your thumb and each finger in turn making an 'O' shape.



Place your hand flat on the table with the putty between two fingers or your index finger and your thumb. Squeeze together.



Make the putty into a ring and place around your fingers and your thumb and stretch out. Also you can place the putty around one finger and thumb and then stretch out.



Place your forearm on the table with your palm facing up. Put the putty at the base of your fingers. Curl your finger tips into the putty without moving your knuckle joints off the table.



Place the putty in the palm of your hand. Bend your fingers around the putty to make a fist and squeeze.



With your hand positioned around the putty, press your thumb deep into the putty.



Place the putty between the side of your index finger and thumb. Squeeze the putty until the index finger and thumb meet.



Place the putty between the thumb and the tips of the index and middle fingers. Squeeze the putty until the thumb meets the fingers.

