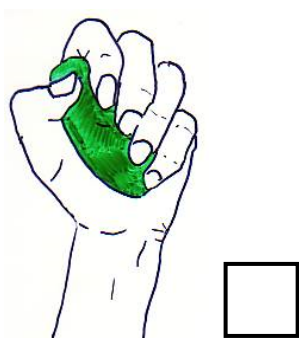


Therapeutic putty exercises

This leaflet shows how to perform the hand exercises your therapist has given you. The exercises your therapist has marked should be done times, every hours during the day. Remember that it is the quality of the exercises that counts rather than the quantity. If you have any further questions or concerns, please speak to your therapist.



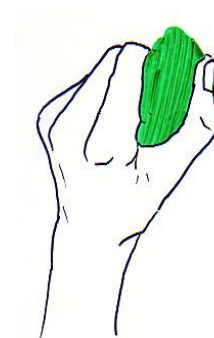
Mass grasp

Form a ball with the putty. Squeeze the putty with all four fingers.



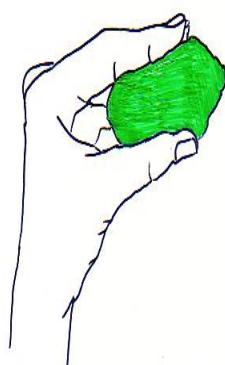
Thumb flexion

Grasp the putty. Push your thumb tip into the putty and slowly pull your thumb out.



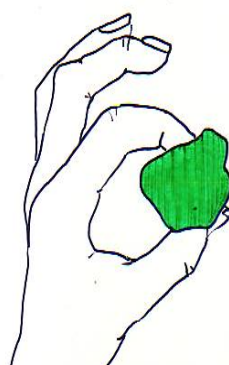
Key pinch

Pinch the putty between your thumb tip and side of your index finger.



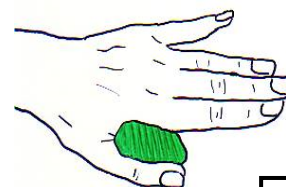
Palmar pinch

Pinch the putty between your thumb, index and middle finger.



Tip pinch

Pinch the putty between your thumb tip and the tip of your index finger.



Adductor pinch

With your hand flat on the table, pinch the putty between your thumb and the side of your index finger.



Hook fist

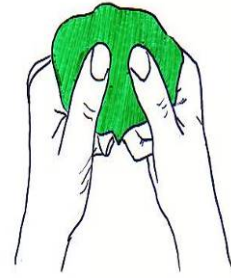


Back view

Make a hook fist and squeeze the putty between your fingers and your hand.

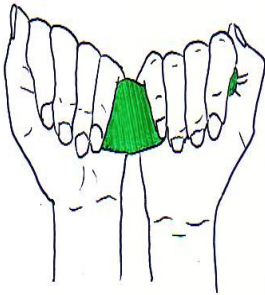


Front view



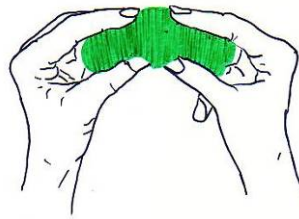
Two handed key pinch

Using both hands, pinch the putty between your thumb tips and sides of your index fingers. Try to pinch and pull the putty.



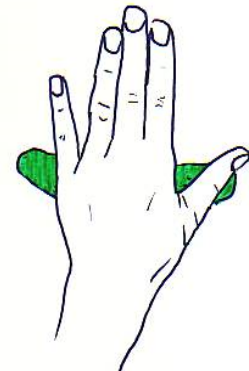
Two handed grasp

Grasp the putty with the little finger side of both hands. Pull the putty apart.



Two handed palmar pinch

Pinch the putty between your thumbs, index and middle finger tips with both hands, and pull the putty apart.



Finger extension

Roll the putty into a tube while lifting your straightened fingers.



Finger adduction

Make a putty rope. Wind the putty rope between your fingers. Squeeze your fingers together.



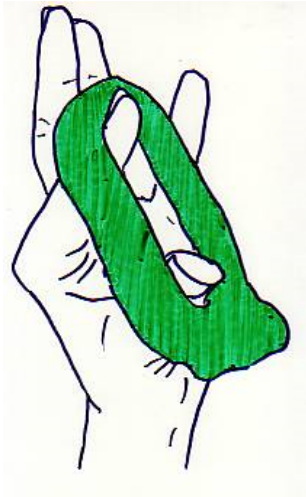
Finger abduction

Wrap the putty around fingers and thumb while the fingers are close together. Spread fingers apart.



Finger abduction

Put a tight ring of putty around two fingers. Spread your fingers apart. Repeat the exercise for each finger.



Thumb abduction

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.

Your therapist

Contact us

If you have any questions or concerns, please contact the Hand therapy department.

t: 020 7188 4172/4174, Monday to Friday, 8am-5pm,

e: handtherapyappointments@gstt.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Useful sources of information

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** www.111.nhs.uk

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