Thera-Putty Home Exercise Program

Repeat these exercises ______ times for ______ times a day

- Make a hook with your fingers and press into the putty.
- Squeeze your fingers into the putty like you are making a fist.
- Place a one-inch thick piece of putty between each pair of fingers and squeeze together.
- Place a one-inch thick piece of putty between each pair of fingers and squeeze together.
- Spread the putty like a pancake over your fingers and thumb. Then try to spread them apart.
- Pinch the putty between each finger and the thumb.