

Occupational Therapy TOOLKIT

Hand Strengthening Putty Exercises

Perform the checked exercises 5 time(s) per day, 5-7 days a week

Repeat ✓ times

Perform these exercises with **right** **left** **both** hands (circle one)

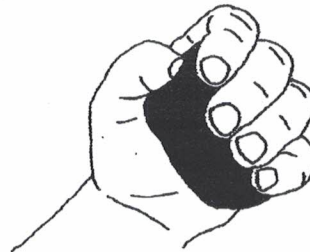
Finger Flexion

Shape the putty into a ball. Squeeze the putty with your whole hand.



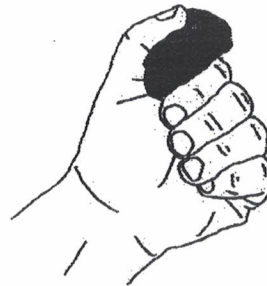
Thumb Flexion

Shape the putty into a ball. Hold the putty in your closed hand. Press your thumb into the putty.



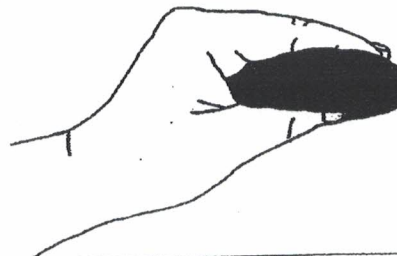
Lateral or Key Pinch

Shape the putty into a ball. Pinch the putty between your thumb and the side of your index finger.



Lumbrical Pinch

Shape the putty into a ball. Hold your fingers straight and your knuckles bent. Squeeze the putty between your fingers and thumb.



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Finger Extension

Flatten the putty into a pancake. Place your fingertips together on the putty and spread the putty outward.



Finger Abduction

Flatten the putty into a pancake. Spread the putty apart using two fingers at a time.



Finger Adduction

Reshape the putty into a sausage. Squeeze the putty between the insides of your fingers.



Finger Tip Pinch

Reshape the putty into a sausage. Pinch the putty between your thumb and each of fingers individually.

