

Putty may stain clothing or items and should not be consumed. Please wash hands after use.

Hold for 2-3 seconds each. Repeat times. Perform times per day.

Thumb Strengthening

Tip Pinch

Pinch putty with your thumb tip and each fingertip in turn.



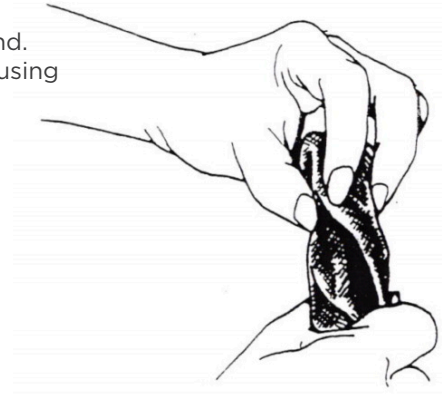
Lateral Pinch

Close your fingers into a fist. Squeeze the putty between your thumb and the side of your index finger.



Three Jaw Chuck Pinch

Hold the putty in your unaffected hand. Pull the putty using your thumb, index and middle fingers on your affected hand.



Hand Strengthening

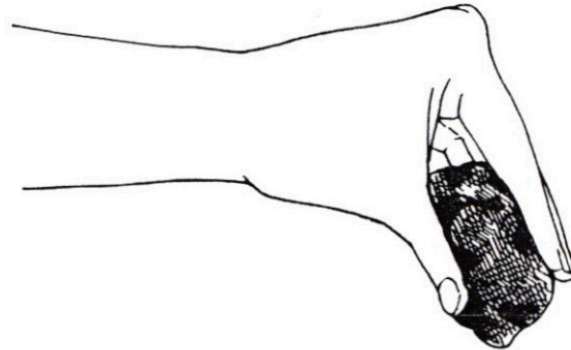
Grip (full fist) Strengthening

Squeeze the putty with all fingers and thumb.



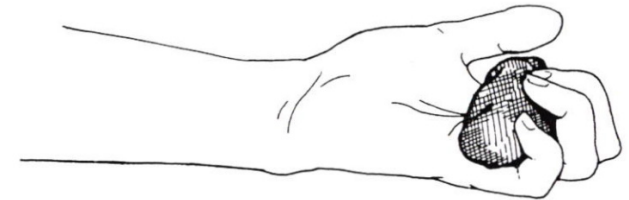
Intrinsic (flat fist) Strengthening

Bending only at the big knuckles and keeping finger tips straight press putty against your thumb.



Extrinsic (hook fist) Strengthening

Keeping your big knuckles straight, bend the tips of your fingers to squeeze the putty.



Scan for a digital version of these instructions.

Call (402) 609-1750 to schedule your Therapy at OrthoNebraska