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Hand And Digit Theraputty Exercises

Complete activities 1, 2 and 3. Form the putty into a barrel shape. Place arm on table with the palm facing up. Put a roll of putty at the base of the fingers. Curl the finger tips into the putty without moving the big knuckles. After the fingers have pressed

into the putty, fold over and repeat. Carry out exercise with both hands.

Theraputty Hand Strength Exercises | NHS GGC

Carry out exercise with both hands. 24. Finger Stretch: Complete activities 1, 2 and 3. Fasten ends together to form a doughnut. Place doughnut around the four fingers at the middle joint. Spread fingers apart, sideways against the putty. Carry out exercise with both hands. 25. Mini Finger Stretch: Complete activities 1, 2 and 3 and make a ...

Theraputty Hand Strength Exercises | NHS GGC

Effective Therapy Putty Exercises 1. Finger Scissors. Roll your putty into a ball and squeeze it between your fingers. 2. Fingertip Pinch. Take your rolled up putty and pinch it using your thumb and fingertips. 3. Power Grip. Grab your putty and squeeze all your fingers into it. 4. Flat Pinch. ...

Effective Hand Therapy Putty Exercises + Free PDF | Flint

... 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

therapeutic putty exercises - Guy's and St Thomas

Theraputty Exercises - Hand Strengthening . 1. Squeeze putty with all fingers and thumb. 2. Keeping knuckles straight, bend tips of fingers to squeeze putty. 3. Pinch putty with thumb and each finger in turn. 4. Bending only at the large knuckles, press putty down against the thumb. 5. Press putty against index finger with the thumb. Keep all fingers straight.

Theraputty Exercises - Hand Strengthening

Hand And Digit Theraputty Exercises Author: 1x1px.me-2020-10-10T00:00:00+00:01 Subject: Hand And Digit Theraputty Exercises Keywords: hand, and, digit, theraputty, exercises Created Date: 10/10/2020 12:04:02 AM

Hand And Digit Theraputty Exercises

Place TheraPutty into the palm of the hand and press fingers through the putty until the fingertips reaches the palm, resulting in a fully clenched fist. Release fingers and roll putty in hands to reshape, and repeat exercise. 2) Individual Finger Extension Bend one finger or thumb so that the fingertip is close to the palm of the hand.

TheraPutty exercises - Isle of Wight NHS Trust

Stretching Exercises for Extremely Stiff or Paralyzed Hands 1. Wrist Extension and Flexion. For this gentle hand dexterity exercise, start with your forearm on a table. Let your... 2. Thumb Extension and Flexion. For another gentle exercise, start with your palm open, as if you were signaling the... ..

39 Hand Therapy Exercises to Improve Strength and ...

These exercises can help to get you moving normally, and safely, if you've a muscle or joint problem affecting your hand, finger or wrist. These video shows the whole movement so don't worry if you can't do it all. How many and how often. Start by doing 5 repetitions of each exercise, 3 times a day.

Exercises for wrist, hand and finger problems | NHS inform

Use this exercise to help increase the range of motion and flexibility in your fingers. Place your hand flat, palm down, on a table or other surface. Gently lift one finger at a time off of the...

10 Ways to Exercise Hands & Fingers

Finger Adduction Place a piece of putty between two fingers and . squeeze fingers together. **Finger Abduction** Place ring of putty around four fingers and . thumb. Spread fingers apart. **Wrist Flexion** Hold cylinder of putty like a baseball bat with . both hands. Turn top hand toward body. **Wrist Extension** Place putty between index and middle fingers

Putty Exercises - Aurora Health Care

Wrap a rubber band around your hand at the base of your finger joints. Gently move your thumb away from your fingers as far as you can. Hold for 30 to 60 seconds and release. Repeat 10 to 15 times with both hands. You can do this exercise two to three times a week, but rest your hands for 48 hours in between sessions .

Theraputty Hand Exercises Handout - 10/2020

Hand and finger exercises can help strengthen your hands and fingers, increase your range of motion, and give you pain relief. Stretch only until you feel tightness. You shouldn't feel pain. Start with this simple stretch: Make a gentle fist, wrapping your thumb across your fingers.

HAND AND FINGER EXERCISES

5) **Finger adduction exercises** Begin by rolling the putty out, as previously. Use two hands and a pen (or similar) to press down into putty, creating ridges about 1.5cm apart. Then place index and middle fingers into the gaps either side of a ridge and gently

squeeze together.

Rheumatology Occupational Therapy: Therapeutic putty hand ...

Hand Strengthening Activities. Today includes a collection of hand strengthening activities that can be used as hand strength activities for adults, and to develop hand strength. Scroll through the activities below to find creative hand strengthening ideas to improve grip strength, pinch strength, or as part of a finger exercises program for handwriting.

Hand Strengthening Activities - The OT Toolbox

Mar 8, 2016 - Hand & Digit Theraputty Exercises. Hand therapy putty exercises can help you regain dexterity in your hand with a simple, affordable accessory.

hand-digit-theraputty-exercises | Theraputty exercises ...

Theraputty® hand exercise material develops and maintains grip strength. Exercise putty is used for hand therapy and to strengthen hand grasp. Scented Theraputty hand exercise material makes hand therapy more pleasant for youngsters. Using scented putty is a fun way for children to develop grip strength and stay attentive and participate.

8 Best theraputty exercises images | Theraputty exercises

...

Thumb strengthening exercises can be performed with Theraputty. For example, your therapist may instruct you to pinch putty between your thumb and index finger if you have difficulty zipping and or buttoning clothing. Thumb abduction -- the movement needed to pick up your coffee cup -- can be also be strengthened with Theraputty.