Ashford and St. Peter's Hospitals
NHS Foundation Trust

# Thera-putty Strengthening Exercises
## Hand Therapy

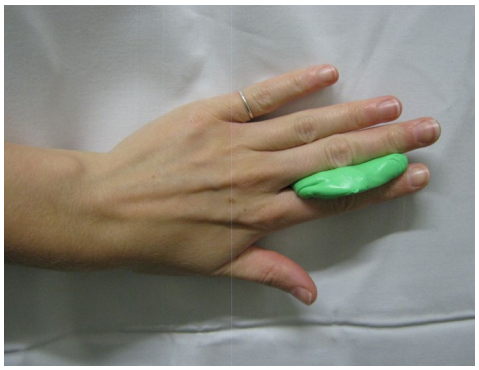
- Making a duck's beak shape with your hand.
- Squeeze the putty with your thumb underneath and fingers on top.
- Be mindful to keep your fingers flat.

- Keeping your knuckles straight, hook the tips of your fingers and push them into the putty.

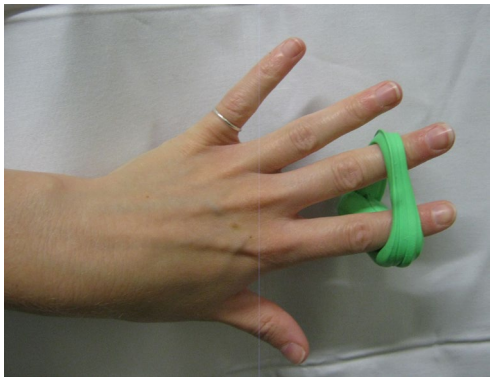
- Keeping the tips of your fingers straight, bend at your knuckles to make a 'half fist'.

- Bending all the joints in your fingers make a tight fist around the putty and squeeze.

Patient Information



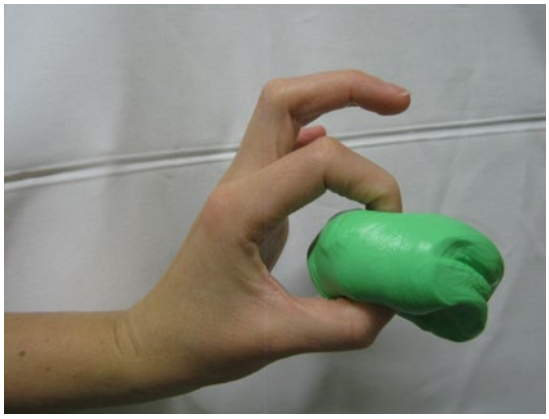
- Use a small piece of putty.
- Place in between two fingers and squeeze together.
- Work your way along the hand.



- Use a small piece of putty.
- Wrap it around two fingers and try to pull them apart.
- Work your way along the hand.

- Use a small piece of putty.
- Wrap it around the tip of your finger and hold the putty below with your other hand.
- Lift your finger up against the putty.

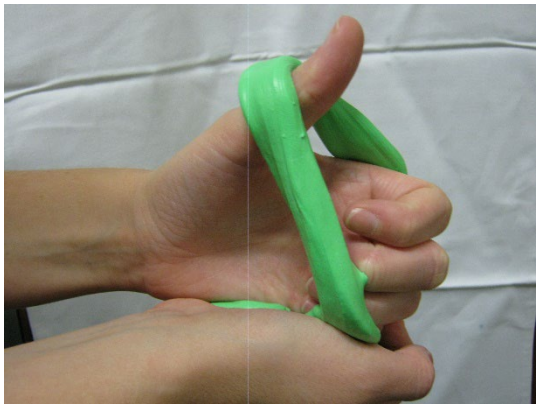
- Hold the putty in your hand.
- Bend the tip of your thumb and push it into the putty.



- Make an ‘Okay’ sign with the tip of your index finger and thumb.
- The tip of your thumb should be slightly flexed.
- Push into the putty.

- Similar to the above, now add in your middle finger to pinch the putty.

- Place the putty on the side of your index finger.
- With your thumb on top, just like how you would hold a door key, push your thumb down



- Wrap the putty around your whole hand.
- Stretch your thumb back, like a ‘thumbs up’ against the resistance of the putty.

- Wrap the putty around your whole hand.
- Stretch your thumb out, like you are going to grasp something, against the resistance of the putty

| | | |
|---|---|---|
| Please complete | | Times a day |
| Hold each position for | | Seconds |
| Repeat | | Times |

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

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