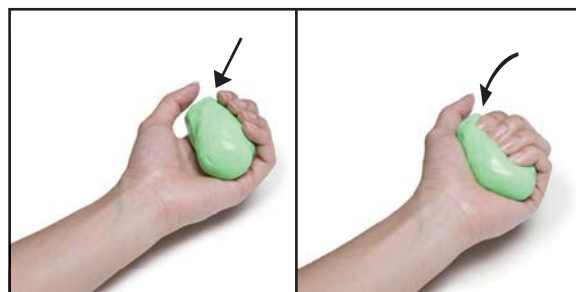


Thera-Putty® Exercises



1. FULL PRESS

Holding putty in hand, squeeze with the fingers against the palm of the hand in a kneading motion. Roll putty through hand while exerting as much pressure as possible against the resistance of the putty.



2. FINGER TIPS PRESS

Form putty into a barrel shape and place in palm of hand. With as much force as possible, squeeze finger tips into the putty while keeping the palm open. Reshape putty and repeat.



3. THUMB PRESS

Form putty into a barrel shape and place in palm of hand. With as much force as possible, press thumb into putty until the thumb has pressed to the palm. Reshape putty and repeat.



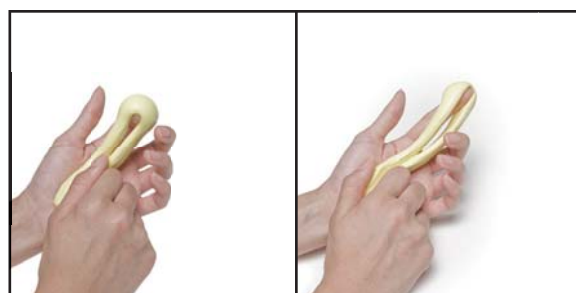
4. FINGER DIG

Place putty in palm of the hand, then dig fingers into the putty until they press through to the palm of hand and form a fully clenched fist. Reshape putty and repeat.



5. FINGER EXTENSIONS

Bend one finger toward the palm of your hand and wrap putty over tip of finger. Hold loose ends of putty down with the other hand. Extend finger into an opened position with as much force as possible. Repeat steps with each finger.



Thera-Putty® Exercises



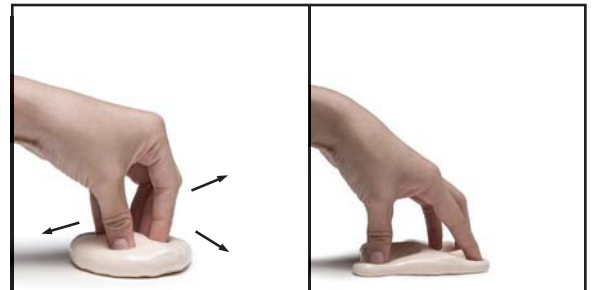
6. THUMB EXTENSION

Bend thumb toward the palm of the hand and wrap putty over the tip of thumb. Hold loose ends of putty down with the other hand and forcefully extend thumb to an open position to stretch as much as possible.



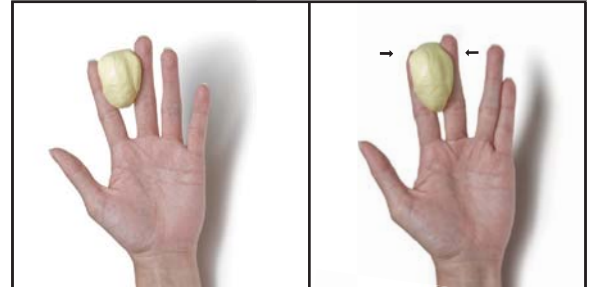
7. FINGER SPREAD

Form putty into a flat horizontal shape and place onto a flat surface. Press finger tips into the putty while they are conjoined together, then spread out fingers with as much force as possible.



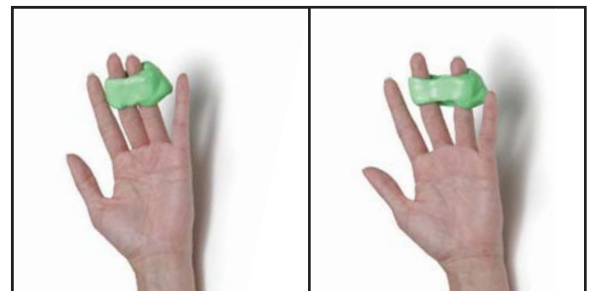
8. SCISSOR FLEX

Shape putty into a ball and place between two fingers. Squeeze the two fingers together in a scissor like motion. Repeat with each pair of fingers.



9. SCISSOR SPREAD

Close two fingers together and wrap putty around the tops of the fingers while they are closed. Spread the fingers apart with as much force as possible. Repeat with each pair of fingers.



10. FINGER PINCH

Form putty into the shape of a ball. Pinch putty with a fingertip and the thumb until the finger presses through the putty. Repeat exercise with each finger separately after reshaping the putty into a ball.

