

# Therapeutic Putty Exercises

This leaflet explains more about therapeutic putty exercises for patients with wrist, hand or finger injuries under the care of the St George's Hospital hand therapy team. Please ensure that you only exercise as instructed by your therapist. If you have any further questions or concerns, please speak to your therapist.

## Why should I do therapeutic putty exercises?

As your hand gets better after injury or surgery, you may need to exercise the muscles to get back to being able to use the hand normally day-to-day. Therapeutic putty can help you exercise each muscle separately for as good a recovery as possible.

## How often should I do my exercises?


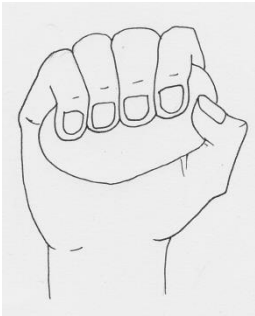

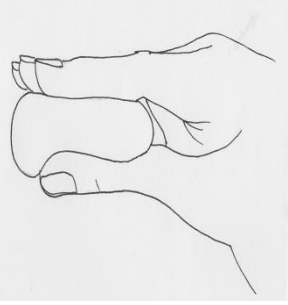
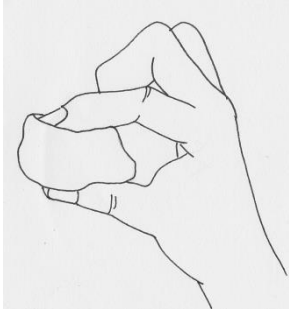

The following exercises should be done \_\_\_\_\_ times each.

You should hold each exercise for \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times each day.

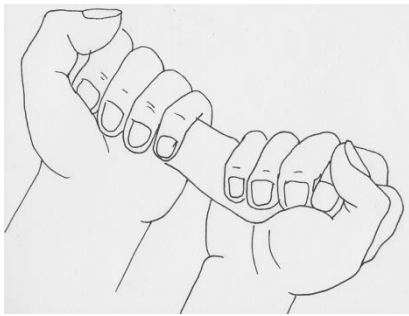
## What exercises should I do?

Your therapist will let you know which exercises to complete - only do the ones that are ticked.

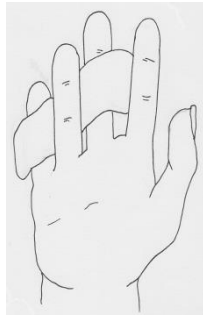
<input type="checkbox"/> <b>Gross grip</b> Form a ball with the putty. Squeeze the putty with all your fingers. 	<input type="checkbox"/> <b>Thumb flexion</b> Grasp the putty. Push your thumb tip into the putty and slowly pull your thumb out. 	<input type="checkbox"/> <b>Key pinch</b> Pinch the putty between your thumb tip and the side of your index finger. 
<input type="checkbox"/> <b>Flat/ table pinch</b> Squeeze the putty between your thumb and flat, fully straight fingers. 	<input type="checkbox"/> <b>Tip pinch</b> Pinch the putty between your thumb tip and the tip of each finger in turn. 	<input type="checkbox"/> <b>Hook fist</b> Make a hook fist by bending just the finger joints. Squeeze the putty. Make sure to keep the knuckles straight. 

**Two handed grasp**

Grasp the putty with both hands. Pull the putty apart.

**Finger adduction**

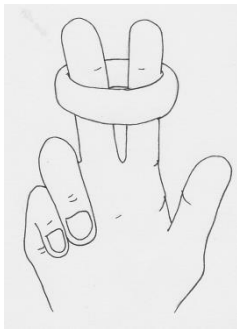
Make a putty rope. Wind the rope between your fingers. Squeeze the fingers together.

**Finger abduction**

Wrap the putty around your fingers and thumb while the fingers are close together. Spread the fingers apart.

**Finger abduction**

Put a tight ring of putty around a pair of fingers. Spread your fingers apart. Repeat for each pair of fingers.

**Finger adduction**

Pinch the putty between two fingers. Repeat for each pair of fingers.

**Finger extension**

Roll the putty into a rope/ sausage shape while lifting your straightened fingers.

**Finger claw**

Form the putty into a pancake shape. With your fingertips, claw the putty towards you. Make sure to bend your fingers rather than move your arm.

**Finger spread**

Form the putty into a pancake shape. Bunch the fingers together into the putty then spread the fingers all together, enlarging the pancake, keeping your arm still.

**Thumb adductor pinch**

With your hand flat on the table, pinch the putty between your thumb and the side of your index finger.



## Additional instructions

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### Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment.

For more urgent queries the team can be contacted on the **treatment** enquiries phone number listed below.

Your therapist's name is \_\_\_\_\_

**Treatment enquiries:** 020 8725 1038 (answer phone only)

**Appointments:** 020 8725 3000

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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