

Therapeutic Putty Exercises

This leaflet explains more about therapeutic putty exercises for patients with hand or wrist injuries under the care of the St George's hospital hand therapy team. 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, the strength of the muscles may need exercise to enable you to use the hand normally day-to-day. Using therapeutic putty allows you to focus each exercise on specific muscles to encourage full recovery.




How often should I do my exercises?

The following exercises need to be done _____ times each. Hold for _____ seconds. Repeat _____ times per day. Remember *quality is better than quantity*.

Please make sure you only exercise as instructed by your therapist. This will help you get the most use of your hand back long-term.

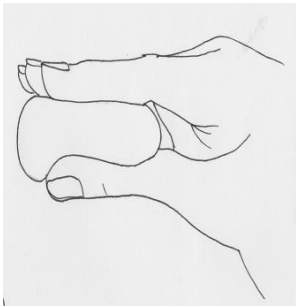
What exercises should I do?

Your therapist will advise you on which exercises to complete. Only perform the ticked exercises.

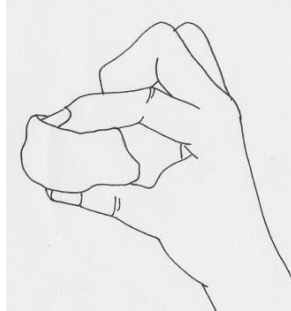
<input type="checkbox"/> Gross grip Form a ball with the putty. Squeeze the putty with all your fingers. 	<input type="checkbox"/> Thumb flexion Grasp the putty. Push your thumbtip into the putty and slowly pull out your thumb. 	<input type="checkbox"/> Key pinch Pinch putty between your thumbtip and the side of your index finger. 
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**Flat / table pinch**

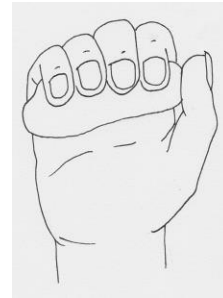
Squeeze the putty between your thumb and flat, fully extended fingers.

**Tip pinch**

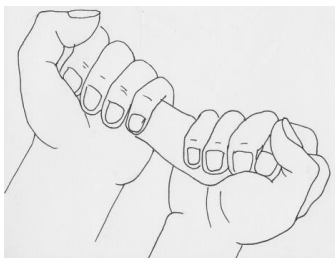
Pinch the putty between your thumb tip and the tip of each finger in turn.

**Hook fist**

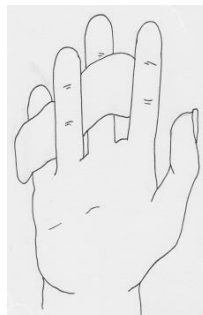
Make a hook fist by bending just the finger joints. Squeeze the putty. Make sure to keep the knuckles straight.

**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.

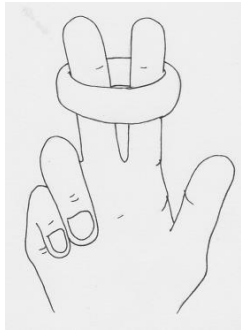
**Finger abduction**

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



**Finger abduction**

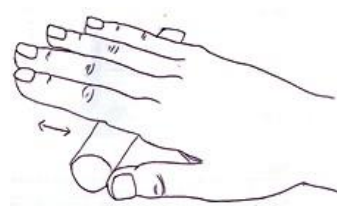
Put a tight ring of putty around a pair of fingers. Spread your fingers apart. Repeat for each finger.

**Finger adduction**

Pinch the putty between two fingers. Repeat for each finger.

**Finger extension**

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

**Finger claw**

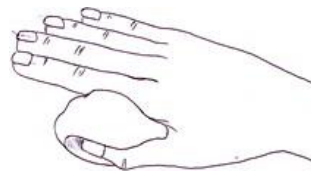
Form the putty into a pancake shape. With your fingertips, claw the putty towards you. Make sure to bend your fingers rather than move your arm.

**Finger spread**

Form putty into a pancake. 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

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** telephone number listed below.

Your therapist's name is _____

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 3000



For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

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

Web: 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 our services by searching 'St George's Hospital' on the AccessAble website (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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