Hand Strengthening Putty Exercises

Perform the checked exercises _____ times per day, _____ days a week
Repeat _____ times
Perform these exercises with right left both hands (circle one)

☐ **Finger Flexion**
  Shape the putty into a ball. Squeeze the putty with your whole hand.

☐ **Thumb Flexion**
  Shape the putty into a ball. Hold the putty in your closed hand. Press your thumb into the putty.

☐ **Lateral or Key Pinch**
  Shape the putty into a ball. Pinch the putty between your thumb and the side of your index finger.

☐ **Lumbrical Pinch**
  Shape the putty into a ball. Hold your fingers straight and your knuckles bent. Squeeze the putty between your fingers and thumb.
Hand Strengthening Putty Exercises

Perform the checked exercises _____ time(s) per day, _____ days a week
Repeat _____ times
Perform these exercises with   right    left    both    hands (circle one)

☐  **Finger Extension**
   Flatten the putty into a pancake. Place your fingertips together on the putty and spread the putty outward.

☐  **Finger Abduction**
   Flatten the putty into a pancake. Spread the putty apart using two fingers at a time.

☐  **Finger Adduction**
   Reshape the putty into a sausage. Squeeze the putty between the insides of your fingers.

☐  **Finger Tip Pinch**
   Reshape the putty into a sausage. Pinch the putty between your thumb and each of fingers individually.