

Occupational Therapy TOOLKIT

Putty Exercises

Do the checked exercises _____ times per day, _____ days a week.

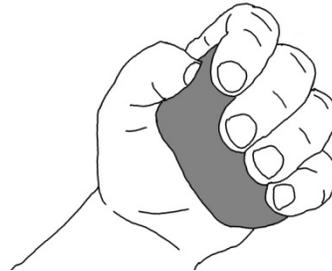
- Shape the putty into a ball. Squeeze the putty with all your fingers.

Do _____ sets of _____.



- Shape the putty into a ball. Hold the putty in your hand. Press your thumb into the putty.

Do _____ sets of _____.



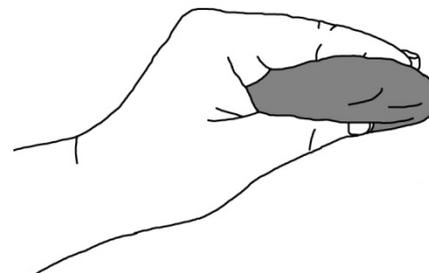
- Shape the putty into a ball. Pinch the putty between your thumb and the side of your index finger.

Do _____ sets of _____.



- Shape the putty into a ball. Hold your fingers straight and your knuckles bent. Squeeze the putty between your fingers and thumb.

Do _____ sets of _____.



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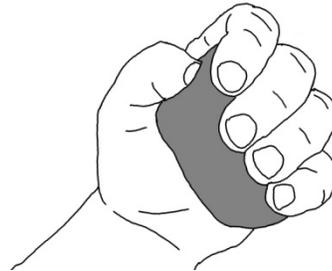
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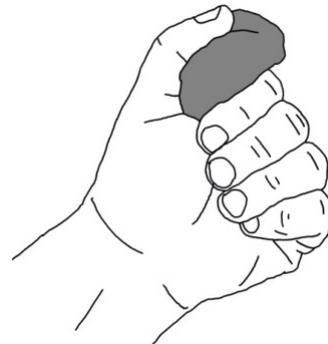
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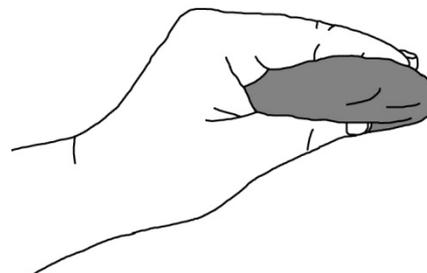
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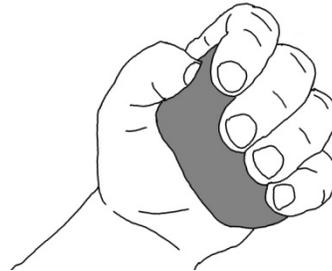
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