

## Therapy Putty - Finger Strength Exercises

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### Notes :

Finger strengthening is an important aspect of recovery from an injury or helping to increase your functional ability and decrease pain for hand arthritis. Here are some exercises you can do to help strengthen your fingers and thumb with Therapy Putty.

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### 1 Putty: Finger drag (flexion)

**Sets: 2 Reps: 10**



Place the putty on the table.

Drag your fingers through the putty by bending your fingers.

Try to leave indentations in the putty.



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### 2 Putty Finger Drag

**Sets: 2 Reps: 10**



Place the putty on the table.

Drag your fingers through the putty as you move your arm toward you on the table.

Try to leave indentations in the putty.



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### 3 Putty: 3 point pinch



**Sets: 2 Reps: 10**

Pinch the putty using the thumb against the pads of your index and long fingers.



### 4 Putty: key pinch

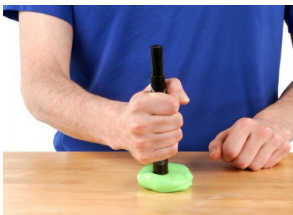


**Sets: 2 Reps: 10**

Pinch the putty between your thumb and the lateral side of your index finger.



### 5 Putty: push marker into



**Sets: 2 Reps: 10**

Place the putty on a table.

Hold a marker vertically with your thumb around the marker.



Press the marker into the putty as far as you can and hold for the prescribed time.





Lift the marker and repeat.

## Therapy Putty - Finger Strength Tracking Sheet

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Date							
<b>1 Putty: Finger drag (flexion)</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
							
<b>2 Putty Finger Drag</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
							
<b>3 Putty: 3 point pinch</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
							
<b>4 Putty: key pinch</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
							
<b>5 Putty: push marker into</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
