

Notes :

Hand prehension is the ability to grip and hold items. This is an advanced skill in humans, largely due to the thumb to oppose the fingers.

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1 Putty: grip



Sets: 2 Reps: 10

Grip the putty, making a fist.
Open your fingers.
Repeat.



2 Putty: FDS fist

Sets: 2 Reps: 10

Place the putty low in your palm.
Squeeze your fingers into the putty by bending the big knuckles and the next joint (MP and PIP joints) keeping the ends of the fingers (DIP joints) straight.
Straighten your fingers.
Repeat.



3 Putty: FDP fist



Sets: 2 Reps: 10

Place the putty in your hand.

Squeeze your fingers into the putty keeping your big knuckles (MP joints) straight so your fingers make a "hook" or "claw" position.





Straighten your fingers.
Repeat.

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