

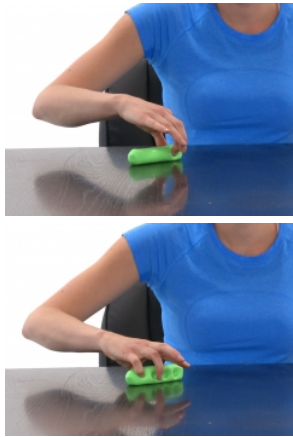
## Therapy Putty - Thumb Finger Opposition Exercises

### Notes :

Finger and Thumb opposition refers to the ability to move your thumb and fingers and be able to touch each other. This is an incredibly important fine motor skill, as it allows you to grasp and use tools and objects efficiently by rotating your thumb so it can touch the fingertips.

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### 1 Putty Roll and Pinch



**Sets: 2 Reps: 10**

Roll the putty into a log.

Pinch your thumb and index finger into the putty log.

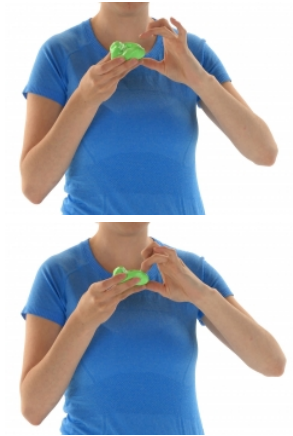
Then pinch your thumb and long finger.

Then pinch your thumb and ring finger.

Finally pinch your thumb and small finger.

Repeat the entire sequence.

### 2 Putty: opposition



**Sets: 2 Reps: 10**

Hold the putty.

Pinch your thumb and index fingers together into the putty.

Repeat with your thumb and long finger, then your thumb and ring finger, then your thumb and small finger.

## Therapy Putty - Thumb Finger Opposition Exercises

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### 3 Putty: find marbles in it

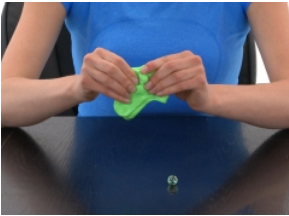


**Sets: 1 Reps: 10**

Embed some marbles in your putty.

Find the marbles and retrieve them, cleaning off any putty that sticks to them.

You can use buttons or coins or other objects instead of marbles.



### 4 Putty: 3 point pinch



**Sets: 2 Reps: 10**

Place the putty on the table.

Pinch the putty using the thumb, index and long finger.



### 5 Putty: key pinch



**Sets: 2 Reps: 10**

Place the putty on the table.

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







# Therapy Putty - Thumb Finger Opposition Tracking Sheet

**Notes :**

Finger and Thumb opposition refers to the ability to move your thumb and fingers and be able to touch each other. This is an incredibly important fine motor skill, as it allows you to grasp and use tools and objects efficiently by rotating your thumb so it can touch the fingertips.

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Date							
<b>1 Putty Roll and Pinch</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
							
<b>2 Putty: opposition</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
							
<b>3 Putty: find marbles in it</b> <span style="float: right;">Sets: 1 Reps: 10</span>							
							
<b>4 Putty: 3 point pinch</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
							
<b>5 Putty: key pinch</b> <span style="float: right;">Sets: 2 Reps: 10</span>							
