

Therapy Putty - Thumb Exercises

Notes :

Thumb strengthening exercises are often used with patients that have thumb arthritis or after trauma / surgery.

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1 Putty: lateral pinch and pull



Sets: 2 Reps: 10

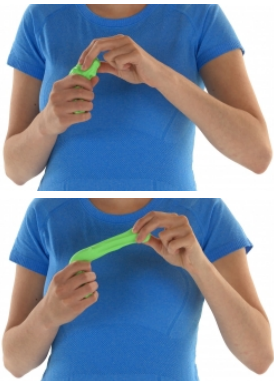
Hold the putty.

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

Pull the putty.

Repeat.

2 Putty: palmar pinch



Sets: 2 Reps: 10

Hold the putty.

Pinch the putty between the pads of your thumb and index and long fingers and pull.

Repeat.

Therapy Putty - Thumb Exercises

3 Flexor pollicis longus



Sets: 2 Reps: 10

Hold a roll of putty in your hand.

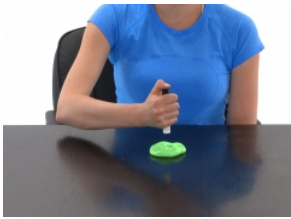
Push into the putty with your thumb using only the second phalanx (the tip) without moving the rest of your thumb.



Make sure the base of the thumb stays still and is not pushed backward as you press.

Hold for a few seconds or as instructed.

4 Putty: push marker into



Sets: 2 Reps: 10

Place the putty on a table.

Hold a marker vertically with your thumb on the end of it.

Press the marker into the putty as far as you can.

Lift the marker and repeat.






Therapy Putty - Thumb Exercise Tracking Sheet

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