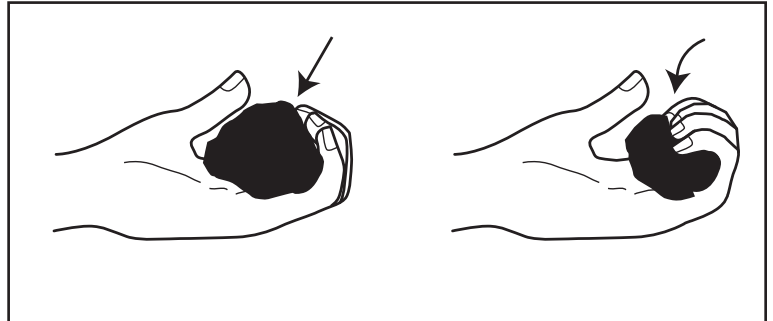


Date: _____

Patient's Name: _____

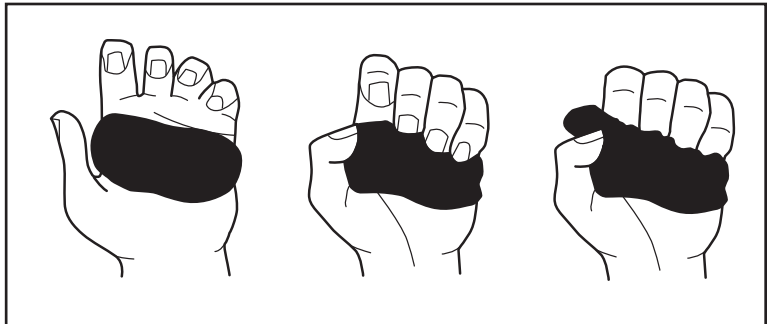
1. FULL GRIP

Squeeze putty with the fingers against the palm of the hand in a kneading motion...rolling it over and around in the hand while exerting as much pressure as possible against the resistance of the putty.



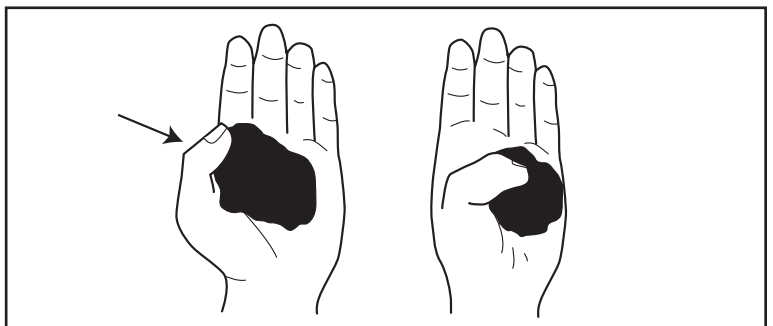
2. FINGERS ONLY

Place the putty at the base of the fingers and squeeze with fingertips while keeping the palm of the hand open. After the fingers have pressed into the putty, fold over and repeat.



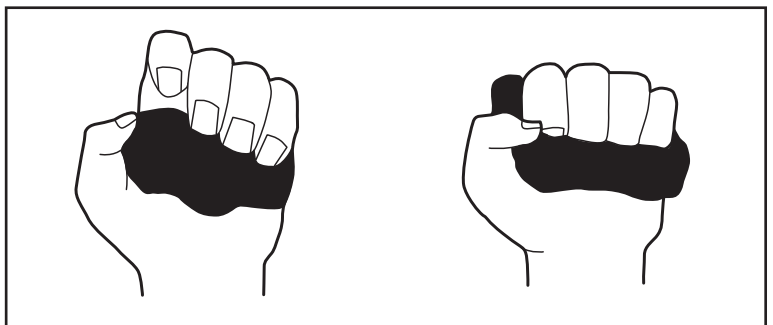
3. THUMB PRESS

Form putty into a barrel shape and place in palm of hand. Press thumb into the putty with as much force as possible until the thumb has pressed through to the palm. Reform and repeat.



4. FINGER DIG

Place putty in the palm of the hand and dig the fingers into the putty until they press through to the palm of the hand and form a fully clenched fist. Release the fingers, roll the putty over to reshape and repeat.

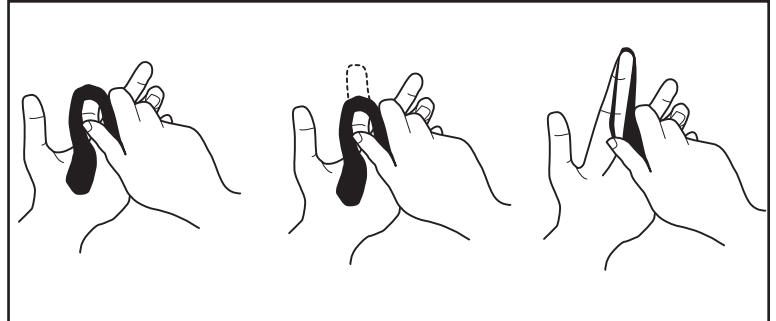


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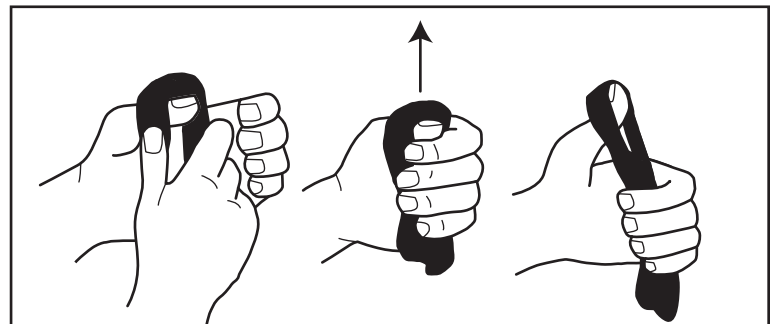
5. FINGER EXTENSIONS

Bend one finger into the palm of hand. Wrap putty over tip of finger. While holding the putty with the other hand extend finger to a fully opened position with as much force as possible. The degree of resistance is controlled by the thickness of the putty held over the fingertip. Repeat with each finger.



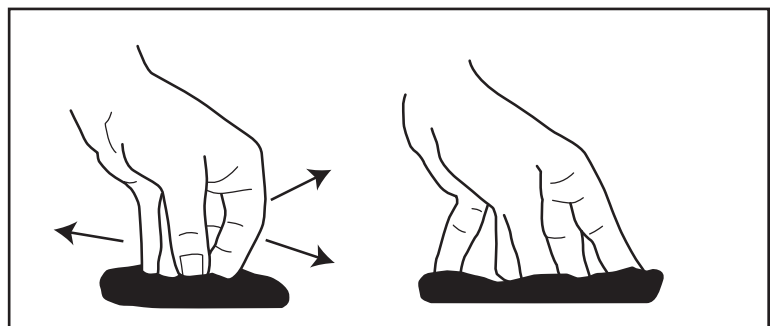
6. THUMB EXTENSION

Wrap putty over the tip of thumb while it is bent toward palm of hand. Hold the loose ends down and extend the thumb to an open position with as much force as possible. Control the degree of resistance by the thickness of the putty held over the thumb tip.



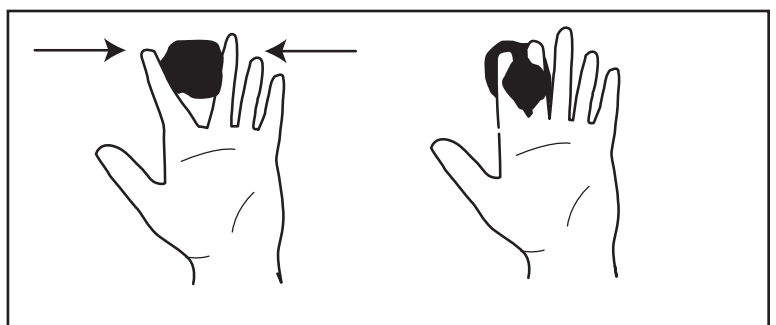
7. FINGER SPREAD

Form putty into a thick pancake shape. Place on table top or mold over the tips of fingers while they are bunched together, then spread out fingers with as much force as possible.



8. FINGER SCISSOR

Form putty into the shape of a ball and place between two fingers and squeeze them together in a scissor like motion. Repeat with each pair of fingers.

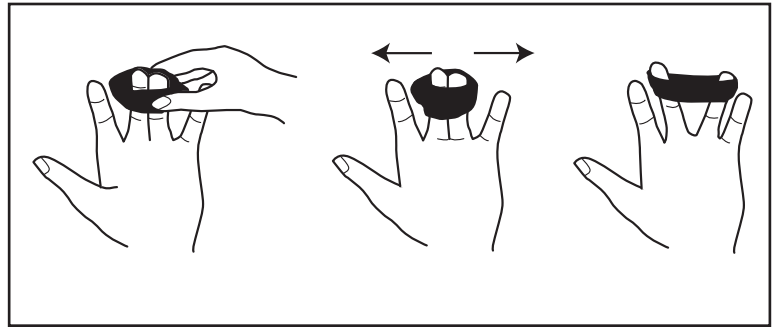


Date: _____

Patient's Name: _____

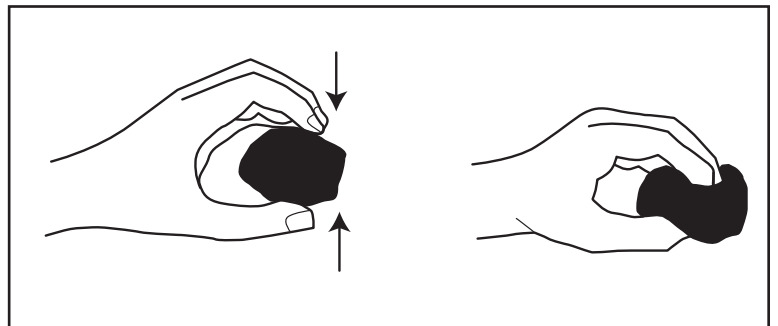
9. SCISSOR SPREAD

Wrap putty around tops of two fingers while they are closed together, then spread the fingers apart with as much force as possible. Repeat with each pair of fingers.



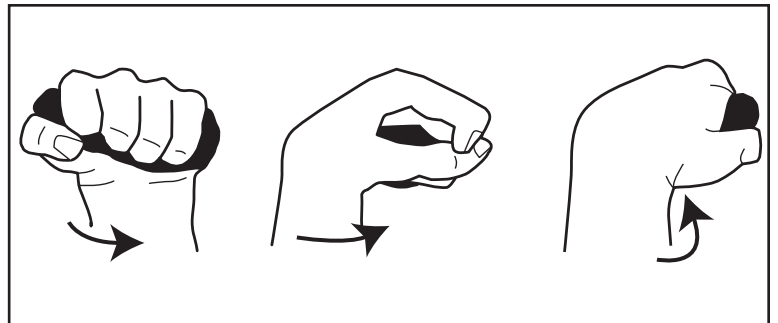
10. FINGER PINCH

Form putty into the shape of a ball. Pinch between the fingertips and the thumb until the fingers press through the putty. This can also be done with each finger separately and the thumb. Reform the ball shape and repeat.



11. WRIST ROTATION

Grip putty tightly in the hand. Rotate the wrist in a circular motion, first in one direction, then in the opposite direction, while pressing into the putty with as much force as possible.



12. WRIST EXTENSION

Rest the forearm on a table or arm of a chair allowing the wrist to hang down over the edge. Grip the putty with the fingertips while holding in place with the other hand. Raise wrist up to its full extension with as much force as possible.

