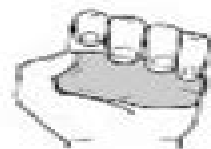
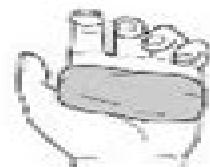
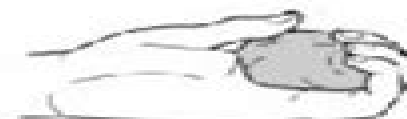


## HAND & DIGIT THERA-PUTTY EXERCISES

Do each exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day.

☐ **FINGER HOOK**

Make a hook with your fingers as you press into the putty.

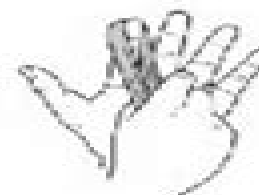
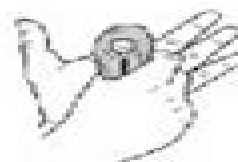


☐ **FULL GRIP**

Squeeze your fingers into the putty like you are making a fist.

☐ **FINGER EXTENSION**

Loop the putty over the end of the finger while it is bent. Try to straighten your finger.



☐ **FINGER SPREAD**

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.

# Hand And Digit Theraputty Exercises

**Susan L. Burke**



## **Hand And Digit Theraputty Exercises:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Hand And Digit Theraputty Exercises**

In some sort of inundated with monitors and the cacophony of fast communication, the profound energy and psychological resonance of verbal beauty frequently fade in to obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, nestled within the musical pages of **Hand And Digit Theraputty Exercises**, a interesting function of fictional splendor that pulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that enchanting opus courses visitors on a psychological odyssey, gently exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect its charming writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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