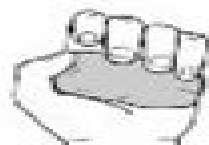
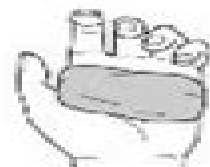
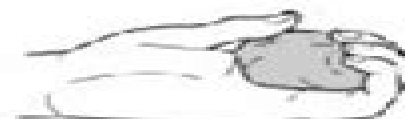
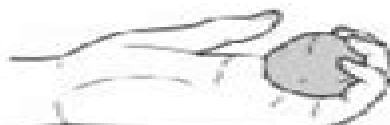


HAND & DIGIT THERA-PUTTY EXERCISES

Do each exercise _____ times, _____ times a day.

☐ **FINGER HOOK**

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

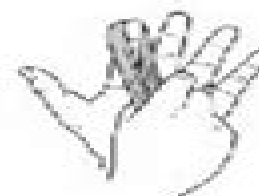
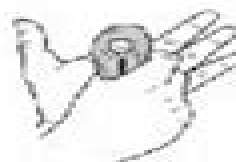


☐ **FULL GRIP**

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

Tao Wei



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