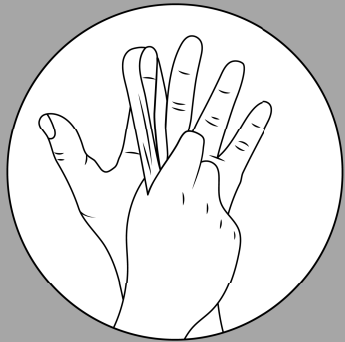


# THERAPY PUTTY

## HAND STRENGTHENING



## EXERCISE POSTERS

»» 1 PER PAGE

[www.ToolsToGrowOT.com](http://www.ToolsToGrowOT.com)

»» *black/white*

INK FRIENDLY VERSION

### INCLUDES:

- 17 Hand Exercise Therapy Full Page Posters
- Therapist Instructions
- Therapist Information Sheets
- Binder Cover and Spines

# THERAPY PUTTY HAND STRENGTHENING EXERCISE POSTERS

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## THERAPIST INFORMATION SHEET 1

### >>> PURPOSE <<<

- Strong hands are important for children to manage their environment for success at home and school. Strong hands with full range of motion and mobility provide a child with the power, endurance, and variety of movements needed for performing functional fine motor tasks. These include using fasteners to manage clothing, using utensils to eat, manipulating a pencil/pen, using a keyboard, and utilizing craft and classroom tools (ex: scissors, ruler, hole-punch, and eraser).
- To help your clients attain optimal range of motion and hand strength, provide these Therapy Putty Strengthening Exercise Posters.
- The advantage of using therapy putty is that it is very malleable for rolling, squeezing, pinching and poking. Because it is so pliable, the client can achieve their full range of motion while manipulating the putty. These exercises will build strength in the intrinsic and extrinsic muscles of the hand as the child moves against the resistance of the putty. Therapy putty is available in a range of strengths or resistances to meet your client's needs.
- These posters are designed to offer a clear image of the hand and putty that can be imitated by your client. Simple instructions are also provided on the posters.
- These posters may be used during therapy sessions.

# THERAPY PUTTY

## HAND STRENGTHENING EXERCISE POSTERS

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### THERAPIST INFORMATION SHEET 2

#### >>> SET UP <<<

**THERAPY PUTTY:** The therapist will need to supply hand putty for the resistance. Select the putty based upon your client's needs. The different strengths are color coded as follows:

- Yellow: Extra Soft
- Red: Soft
- Green: Medium
- Blue: Firm

#### HAND EXERCISE THERAPY PUTTY INFORMATION SHEET:

- These pages are provided for the therapist's use.
- This information page explains how the exercise is performed by your client and how the given exercise may help the child.
- The information sheet will help you select appropriate exercises based upon the client's needs.
- General Information to share with your clients when recommending therapy putty exercises:
  - Wash hands before and after using therapy putty to keep it clean.
  - Ideally each child should use the same piece of therapy putty.
  - Place the therapy putty on a clean surface for use.
  - Replace putty into air tight container after use.

#### HAND EXERCISE THERAPY POSTERS:

- These posters are for the client's use.
- The exercise posters should be printed and laminated for durability and ongoing use.
- The posters provide clear images that depict what action the client is expected to perform.
- The image clearly shows the putty and hand position or series of positions.
- A simple written explanation details how to move the hand and manipulate the putty to get optimal results.
- Print Binder Cover and Spine. Includes 4 different binder spine sizes.
- Organize binder using binder cover and binder spine.

THERAPY PUTTY HAND STRENGTHENING EXERCISES

THERAPY PUTTY HAND STRENGTHENING EXERCISES

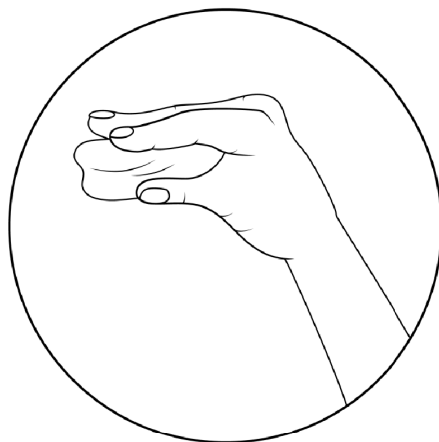
THERAPY PUTTY HAND  
STRENGTHENING EXERCISES

THERAPY PUTTY HAND  
STRENGTHENING EXERCISES

# THERAPY PUTTY

## HAND STRENGTHENING

*exercises*



# THERAPY PUTTY

## THERAPIST INFORMATION SHEET 1

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### THE PANCAKE



#### >>> ADDRESSES:

1. Helps to develop the longitudinal arch of the hand. Well-developed arches balance stability and mobility in the hand.
2. Strengthens the intrinsic hand muscles including the lumbricals. The lumbricals are used to adjust writing/drawing tools especially during upstrokes.

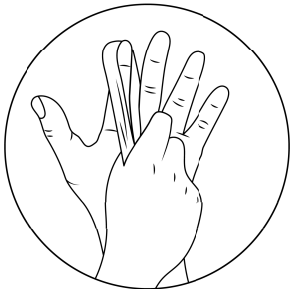
### THUMBS UP



#### >>> ADDRESSES:

1. Promotes motoric separation of the hand which allows for precise movement from the radial side and stability on the ulnar side.
2. Increases thumb strength and mobility.

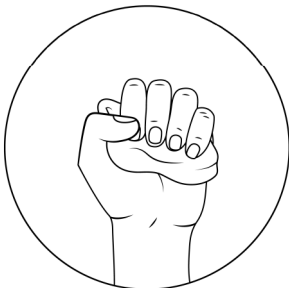
### FINGERS UP



#### >>> ADDRESSES:

1. Increases strength in the extensor muscles of the fingers.
2. Promotes sensory awareness of individual fingers of the hand.

### GET A GRIP



#### >>> ADDRESSES:

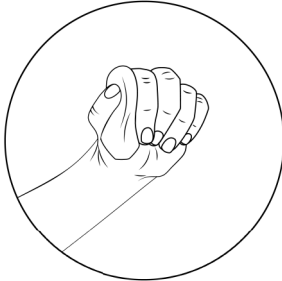
1. Increases strength in the intrinsic hand muscles.

# THERAPY PUTTY

## THERAPIST INFORMATION SHEET 2

www.ToolsToGrowOT.com

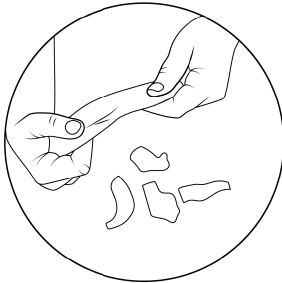
THUMB  
PINCH



»» ADDRESSES:

1. Promotes strength in the muscles and mobility in the joints that abduct and adduct the thumb.

THE  
TEAR



»» ADDRESSES:

1. Promotes sensory awareness and tactile discrimination within the hand.
2. Promotes bilateral coordination to use both hands together.

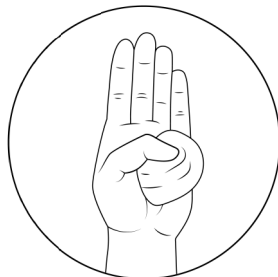
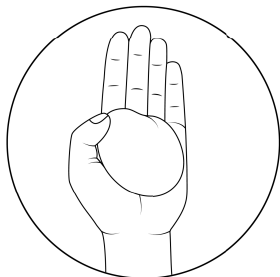
THE  
PINCH



»» ADDRESSES:

1. Promotes skilled use of the hand by abducting and medially rotating the thumb into a stable position of opposition.
2. Develops the longitudinal arch that helps balance stability and mobility in the hand.
3. Strengthens the intrinsic hand muscles.

THUMB  
PRESS



»» ADDRESSES:

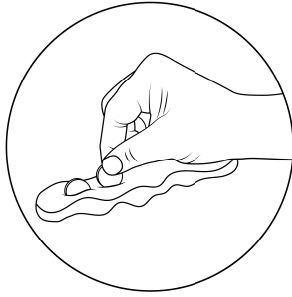
1. Promotes strength in the muscles and mobility in the joints that oppose and flex the thumb.

# THERAPY PUTTY

## THERAPIST INFORMATION SHEET 3

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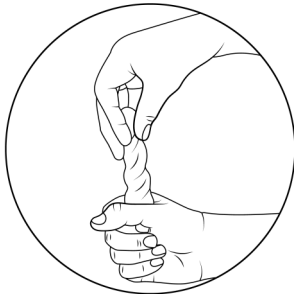
COIN  
PUSH &  
PULL



### ADDRESSES:

1. Promotes motoric separation of the hand which allows for precise movement from the radial side and stability on the ulnar side.

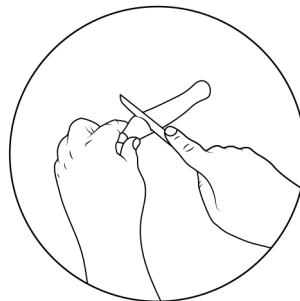
THE  
TWIST



### ADDRESSES:

1. Promotes development of the oblique hand arches. The hand arches balance stability and mobility.
2. Increases strength in the intrinsic hand muscles needed for speed and dexterity.

CUT WITH  
A KNIFE



### ADDRESSES:

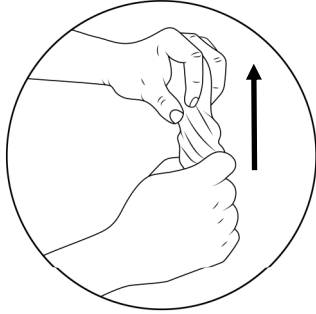
1. Promotes development of the oblique hand arches. The arches balance stability and mobility in the hand.
2. Improves stability of the ulnar side of the hand while the radial side guides and orients the tool.

# THERAPY PUTTY

## THERAPIST INFORMATION SHEET 4

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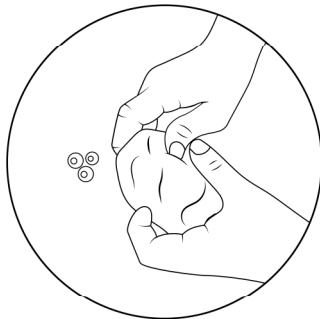
### THE PULL



#### >>> ADDRESSES:

1. Promotes development of hand arches which balance stability and mobility in the hand.

### HIDE AND SEEK



#### >>> ADDRESSES:

1. Promotes sensory awareness and tactile discrimination within the hand.
2. Increases hand strength and bilateral skills.

### WRIST UP



#### >>> ADDRESSES:

1. Promotes development of the oblique hand arches. The arches balance stability and mobility in the hand.
2. Improves stability of the ulnar side of the hand while the radial side guides and orients the tool.

# THERAPY PUTTY

## THERAPIST INFORMATION SHEET 5

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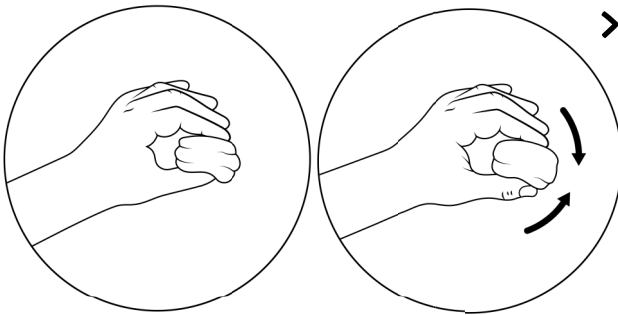
SAUSAGE



### >>> ADDRESSES:

1. Strengthens the muscles that straighten the fingers and wrist.

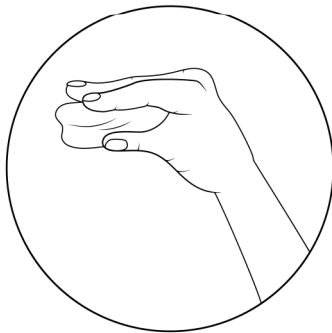
THE  
FINGERTIP  
PINCH



### >>> ADDRESSES:

1. Promotes an open web space with thumb opposition.
2. Strengthens muscles needed to oppose thumb to each finger. The use of controlled pressure may occur from this hand position.

THE  
ALLIGATOR



### >>> ADDRESSES:

1. Promotes strength in the muscles and mobility in joints that flex the metacarpals and extend the interphalangeal joints of the fingers.

# >>> THUMBS UP <<<

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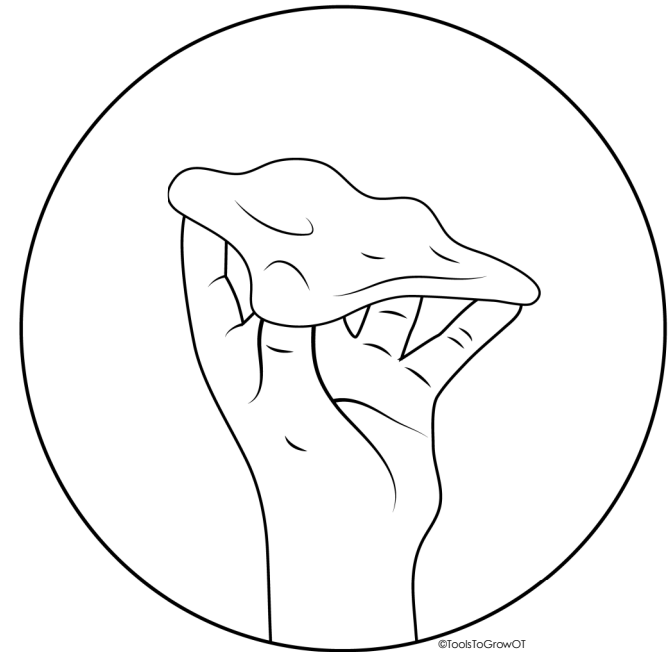
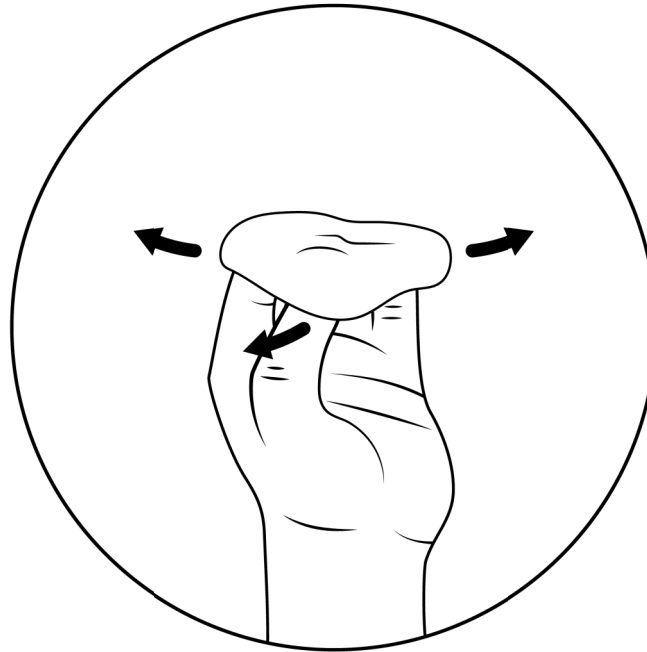
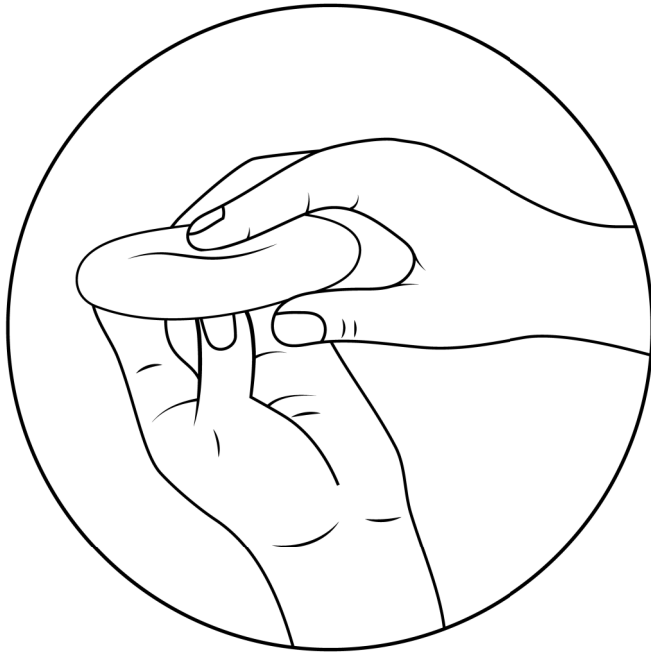


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- 1 Position your arm with the thumb up.
- 2 Loop the putty around your thumb while the rest of the fingers press the remaining putty into the palm.
- 3 Push your thumb against the putty.
- 4 Reform putty and repeat.

# >>> THE PANCAKE <<<

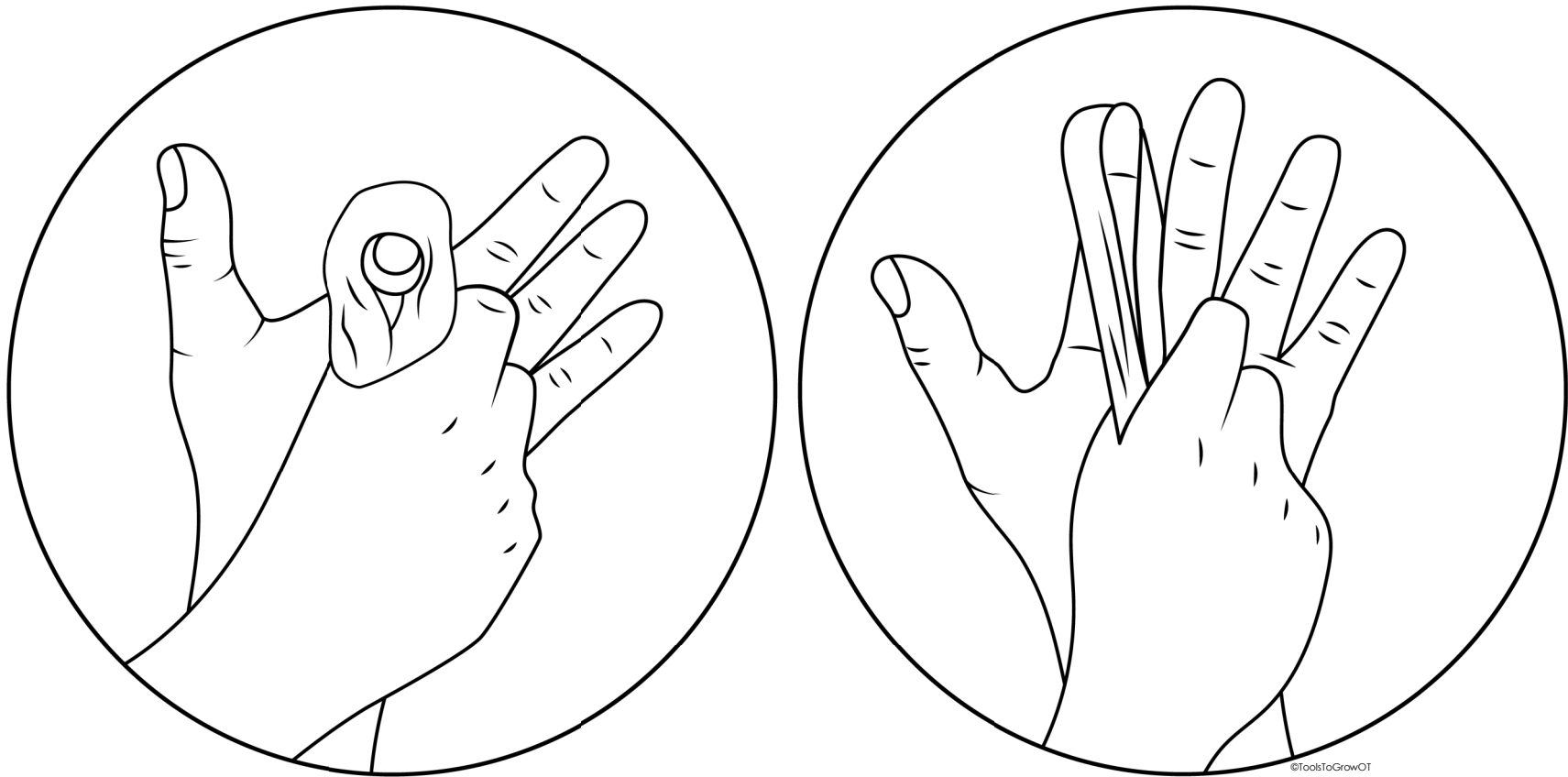
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- 1 Make a pancake with the putty.
- 2 Hold your hand upright with finger tips pointing up.
- 3 Drape the pancake of putty over the tips of all your fingers.
- 4 Carefully spread fingers to expand the putty, then close the fingers to squeeze the putty.
- 5 Reform putty and repeat.

# >>> FINGERS UP <<<

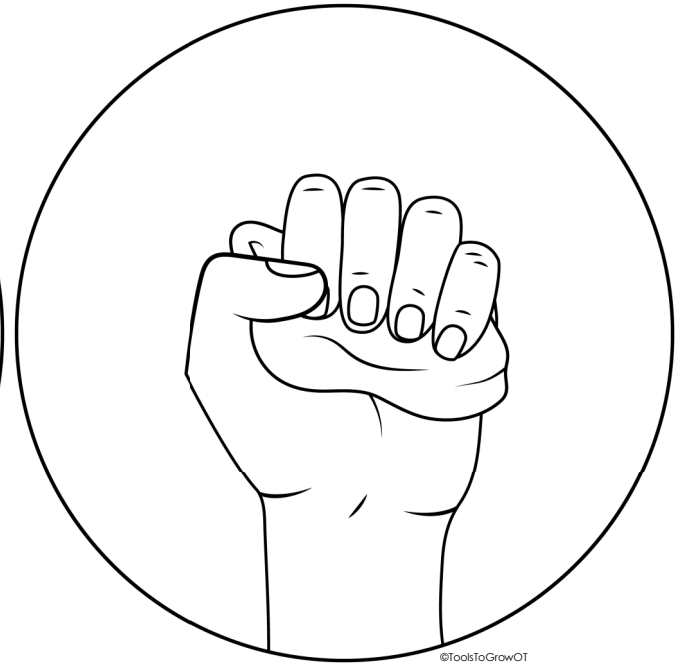
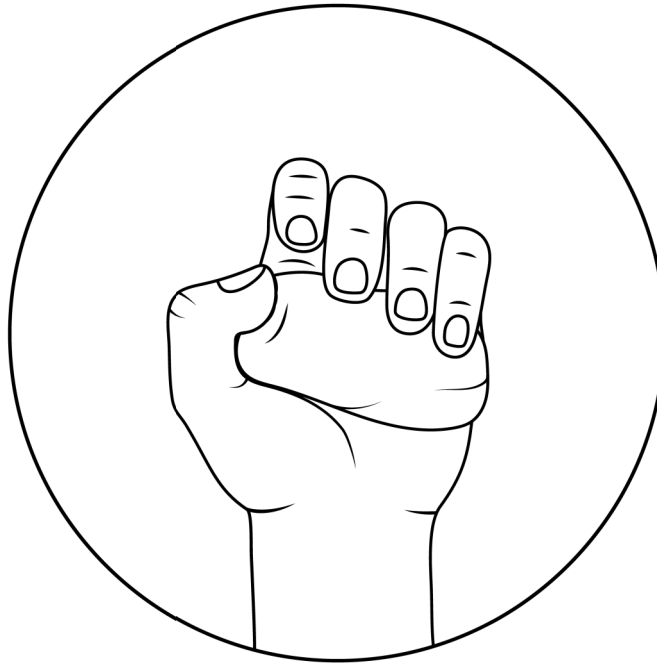
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- 1 Bend one finger and place a loop of putty around it.
- 2 Hold the remaining putty taut in the other hand.
- 3 Extend or straighten the finger up.
- 4 Repeat for this finger and then perform with other fingers.

# >>> GET A GRIP <<<

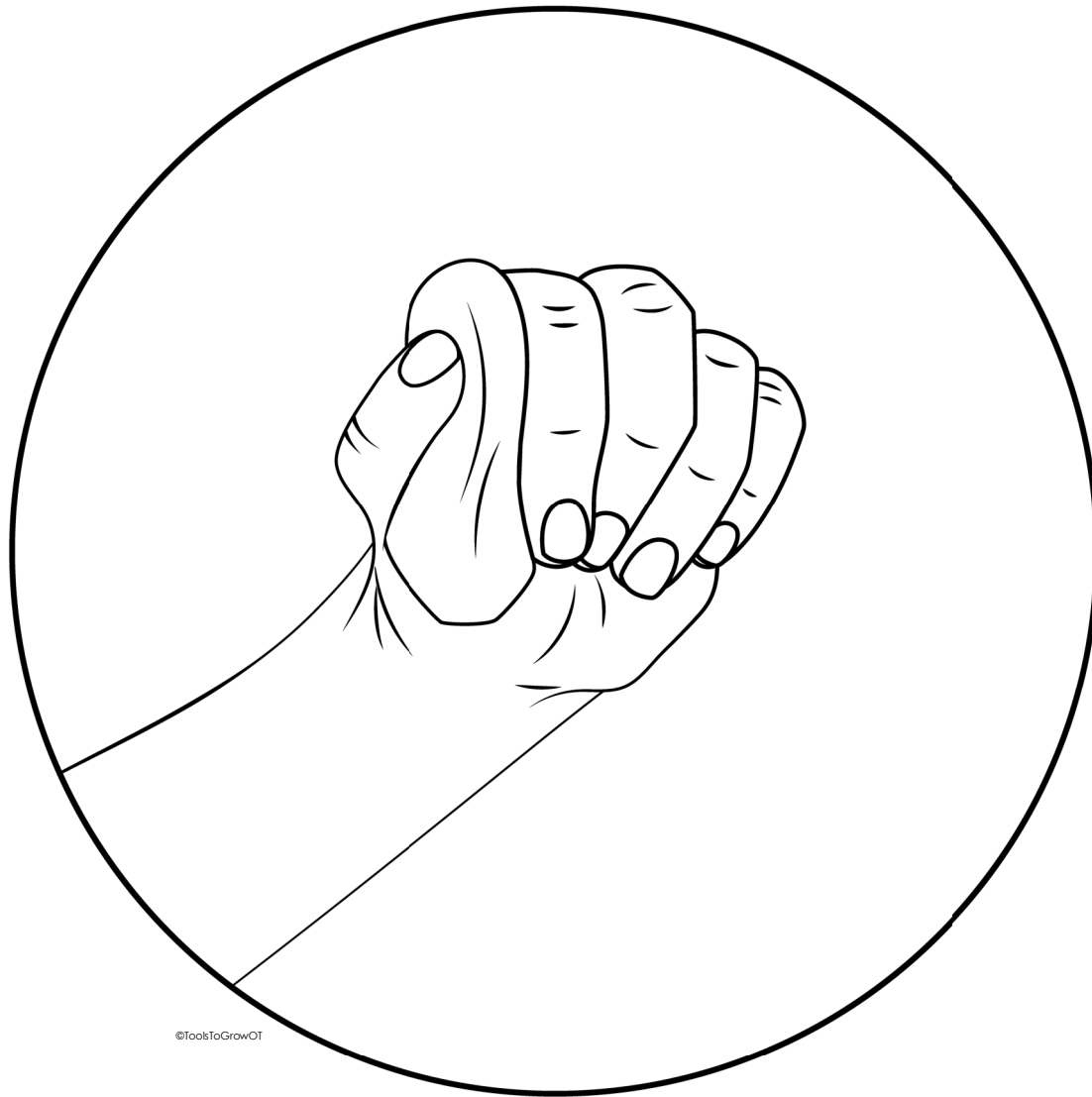
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- 1 Place a cylindrical shaped piece of putty across the palm.
- 2 Make a fist while squeezing the putty.
- 3 Reform and repeat.

# >>> THUMB PINCH <<<

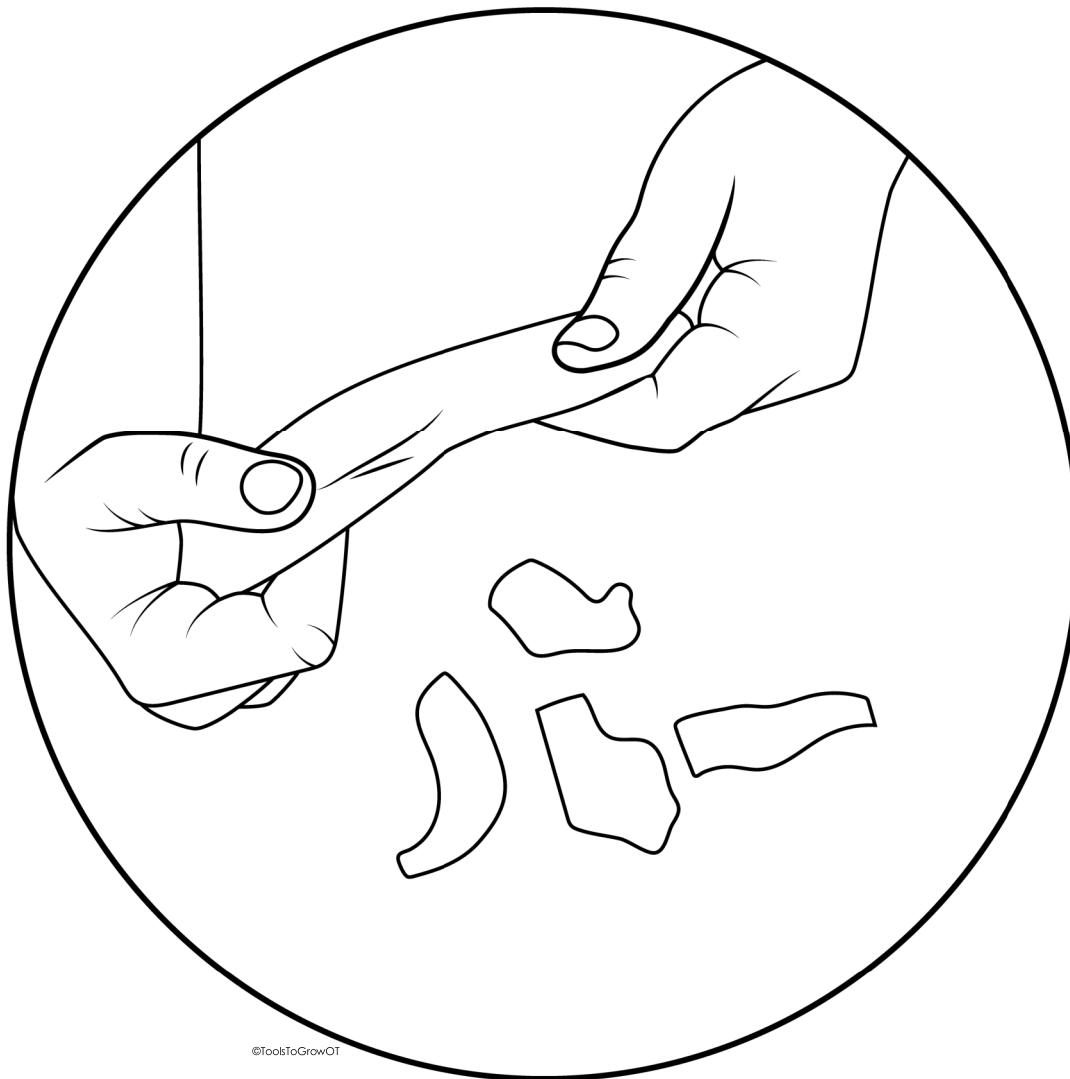
www.ToolsToGrowOT.com



- 1 Place a ball of putty between your thumb and side of your pointer finger.
- 2 Bend your fingers.
- 3 Push with your thumb to pinch the putty against the side of the pointer finger.
- 4 Reform and repeat.

# >>> THE TEAR <<<

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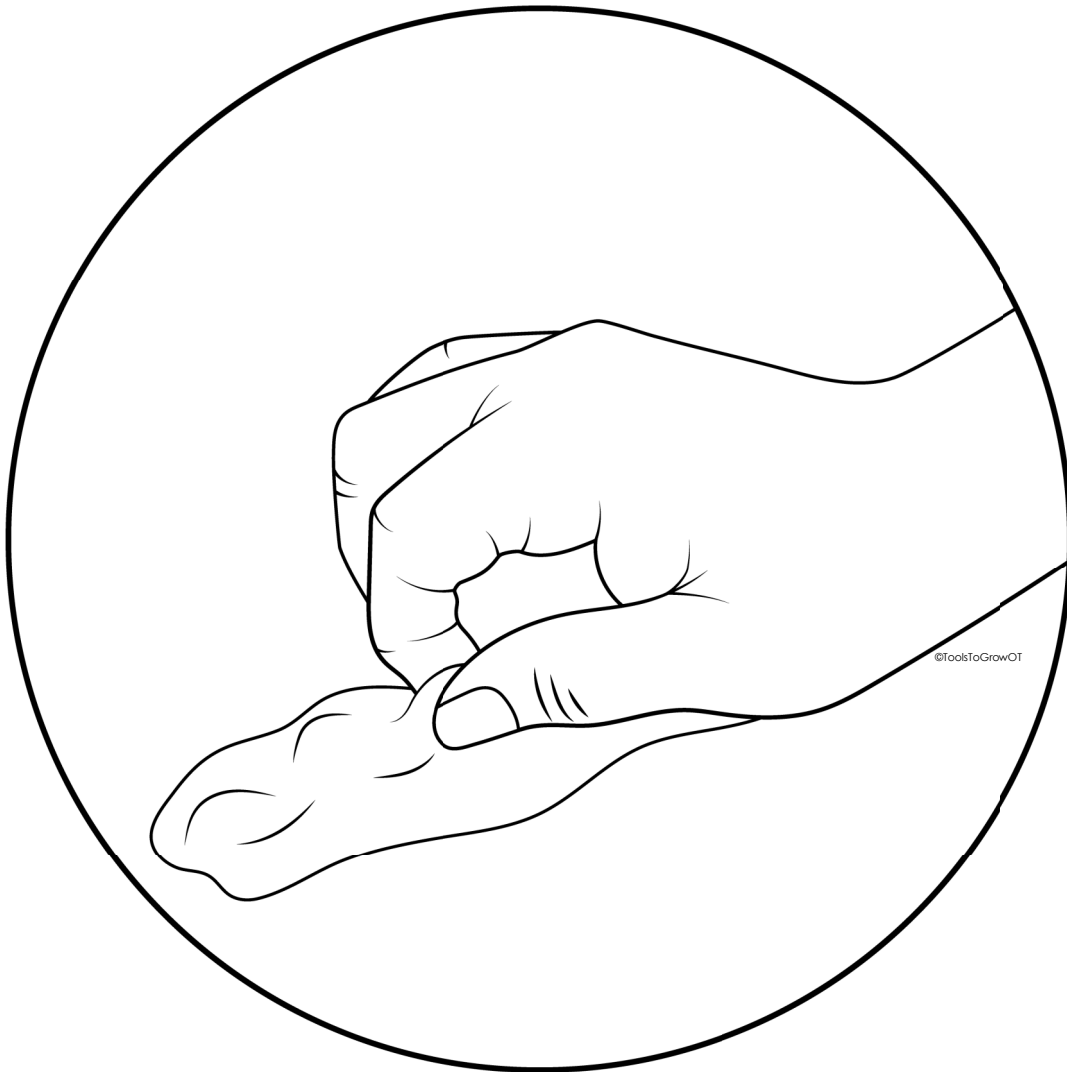


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- 1 Grasp a ball of putty between the thumbs and fingers of both hands.
- 2 Gently pull until a small piece of putty is torn off.
- 3 Continue until only tiny pieces of putty remain.

# >>> THE PINCH <<<

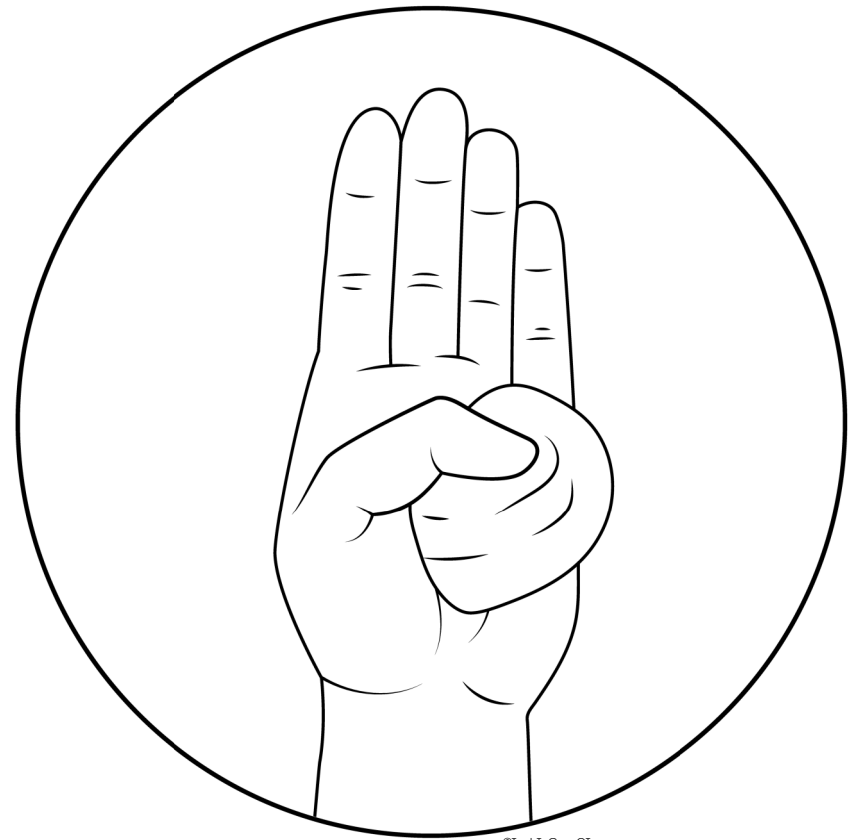
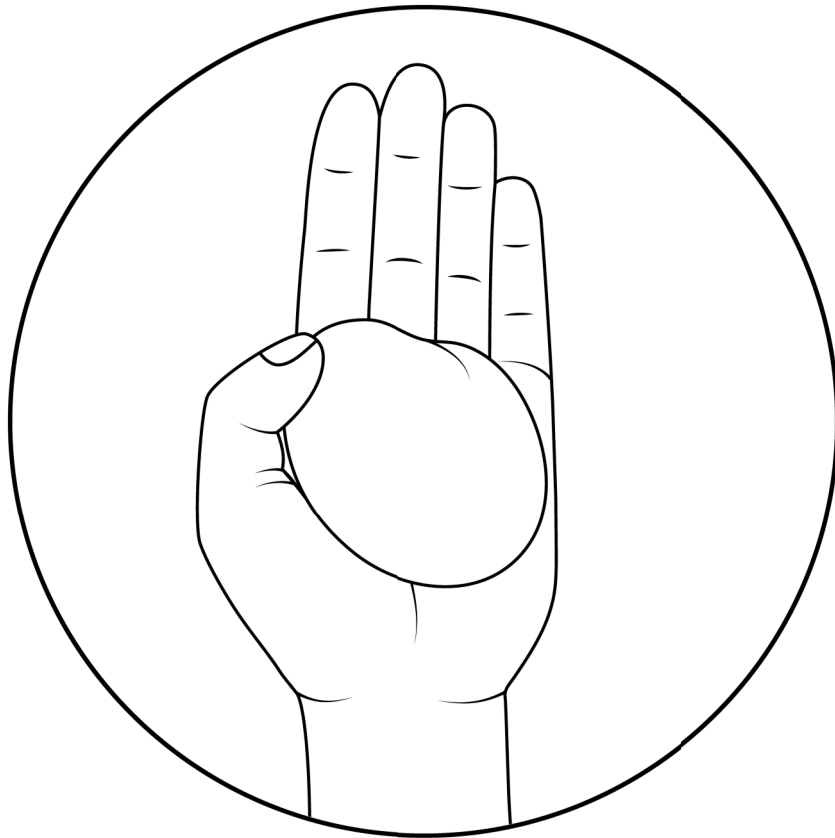
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- 1 Place a strip of putty on a flat surface.
- 2 Use the tip of your pointer finger and thumb to pinch the putty.
- 3 Make a circle with these fingers when pinching.
- 3 Repeat as you move across the strip.

# >>> THUMB PRESS <<<

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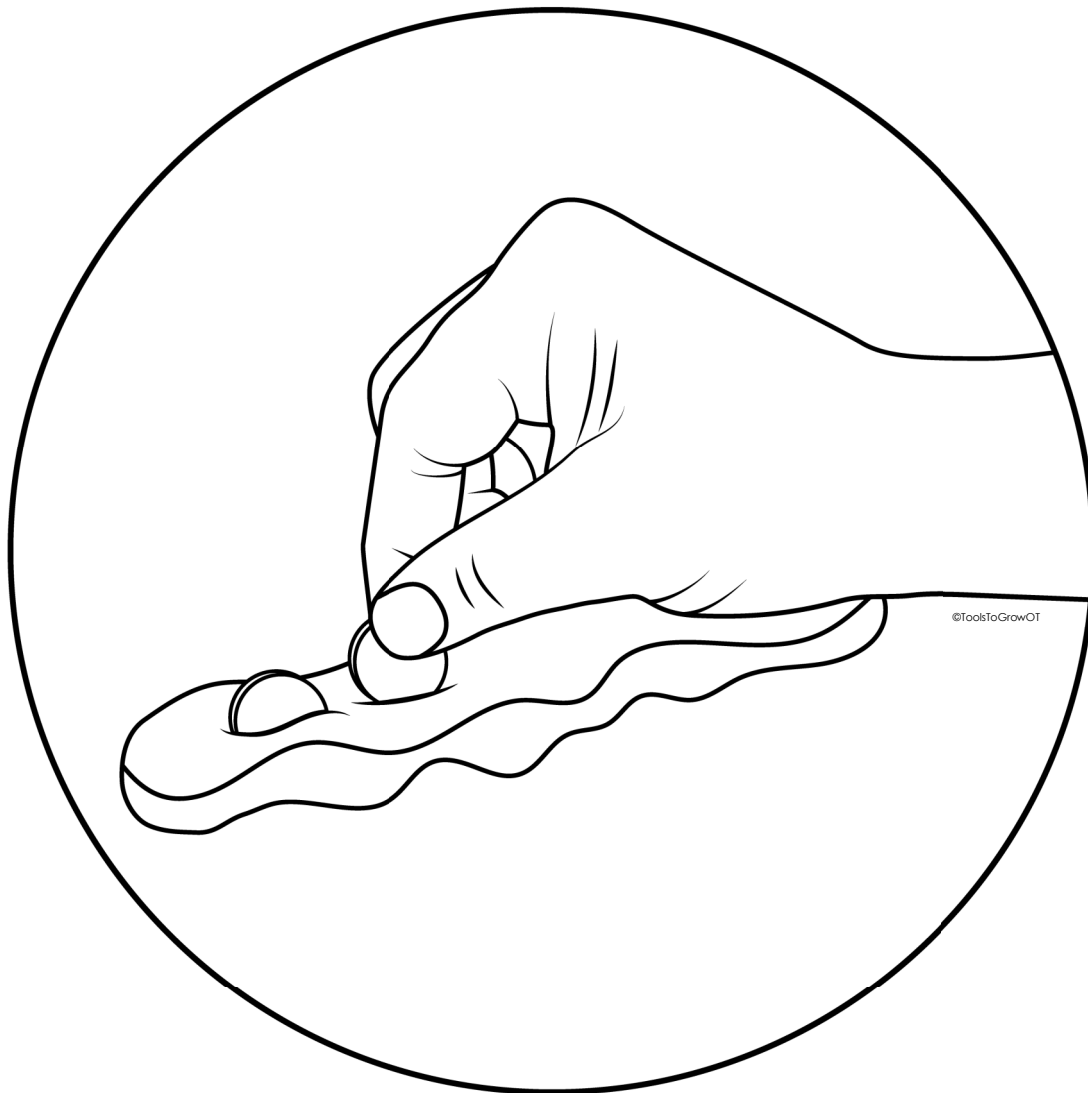


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- 1 Place a ball of putty into your palm.
- 2 Press your thumb into the putty until your thumb pushes to your palm.
- 3 Reform and repeat.

# >>> COIN PUSH & PULL <<<

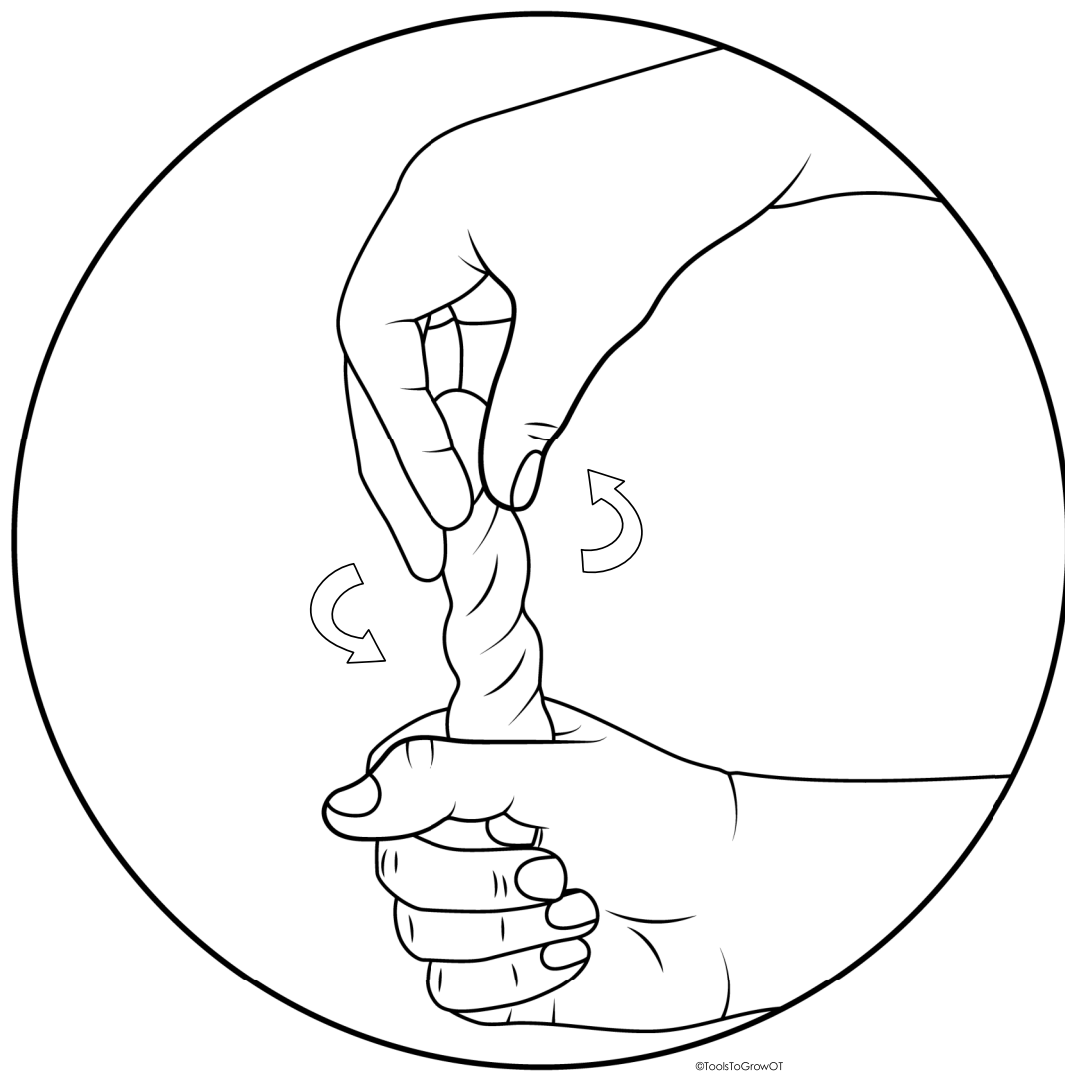
www.ToolsToGrowOT.com



- 1 Place a thick strip of putty on a flat surface.
- 2 Grasp a clean coin between the tip of your thumb and index finger.
- 3 Push coins down into the putty.
- 4 Pull coins out in the same manner.
- 5 Reform and repeat.

# >>> THE TWIST <<<

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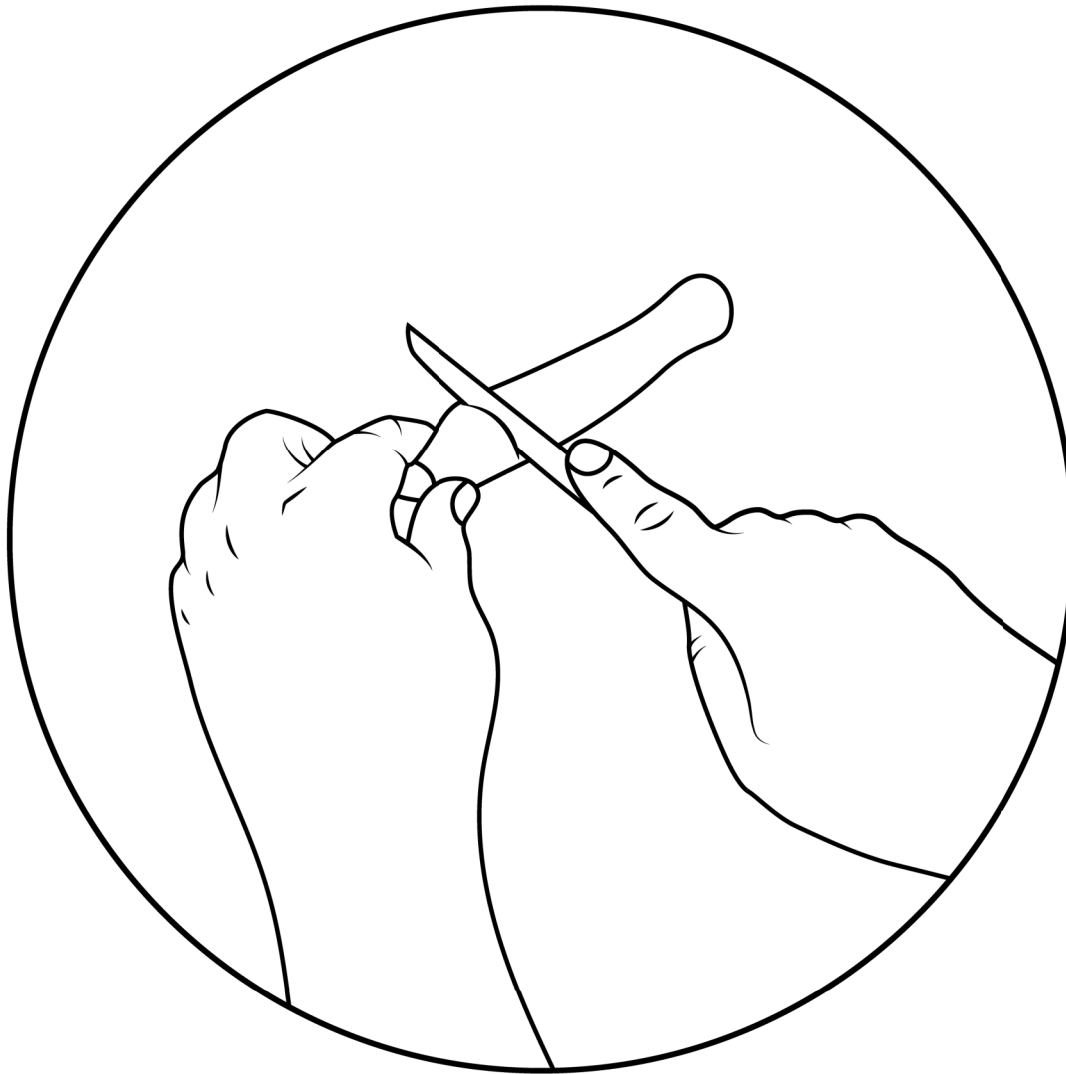


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- 1 The bottom hand holds a cylinder of putty taut.
- 2 Place your other hand above the putty.
- 3 Using the thumb and next two fingers of the top hand, grasp onto the putty and twist.
- 3 Reform and repeat.

# >>> CUT WITH A KNIFE <<<

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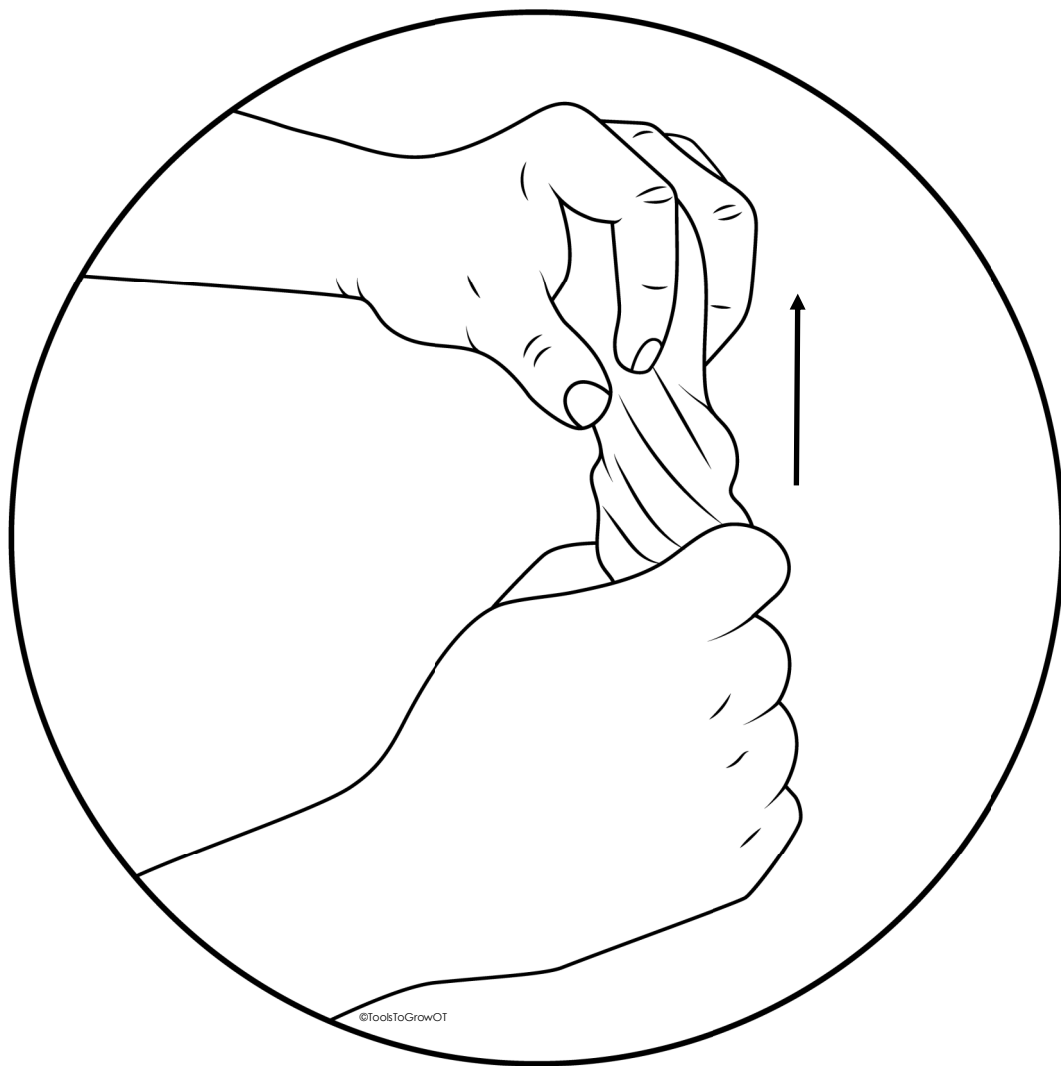


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- 1 Create a log of putty.
- 2 Grasp a safety knife handle with your thumb and pointer finger on top of the handle.
- 3 Your last three fingers are tucked into your palm.
- 4 Press down while moving back/forth to cut.
- 5 Repeat.

# >>> THE PULL <<<

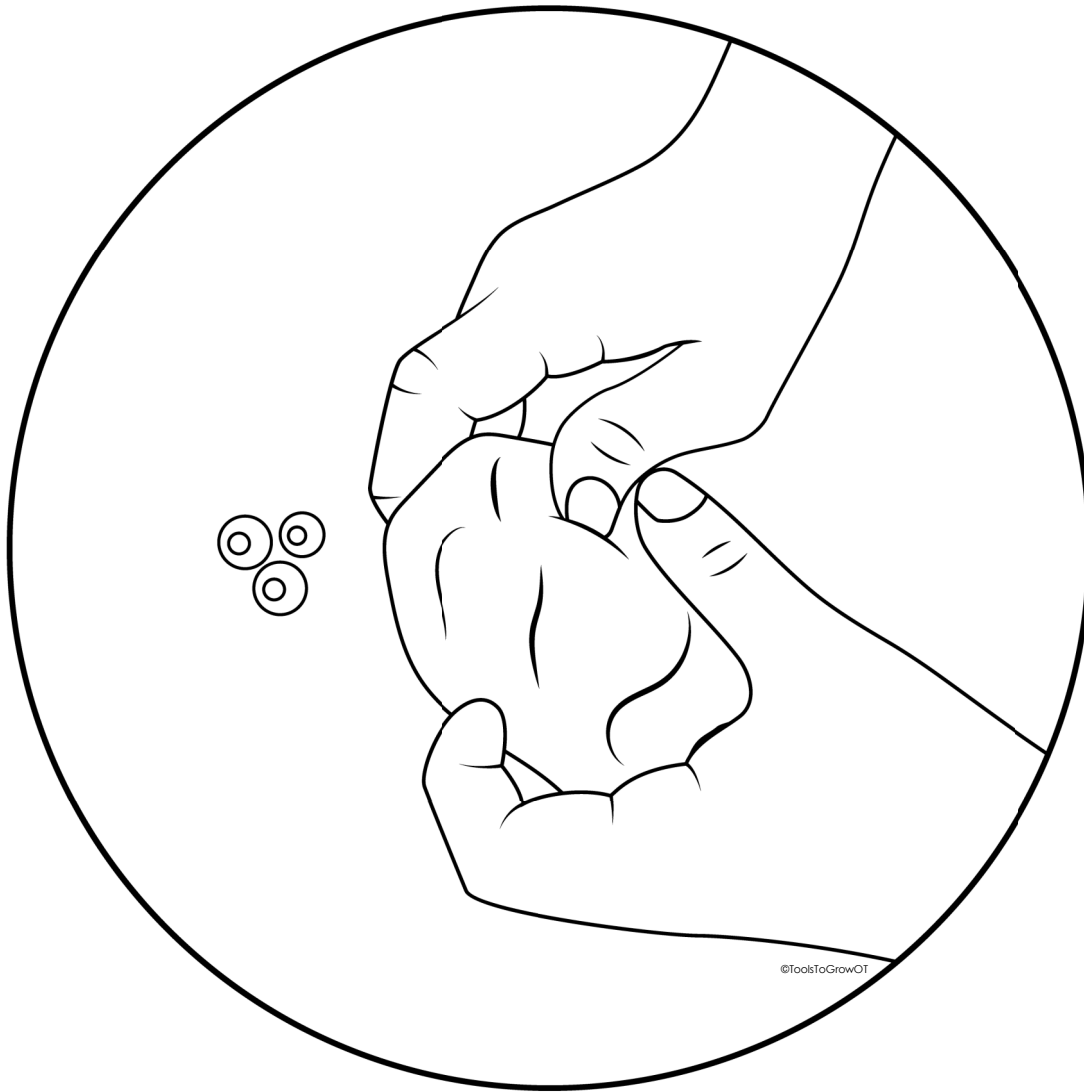
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- 1 The bottom hand holds a cylinder of putty taut.
- 2 Place your other hand above the putty.
- 3 Using the thumb and next two fingers of the top hand, grasp onto the putty and pull up.
- 4 Reform and repeat.

# >>> HIDE AND SEEK <<<

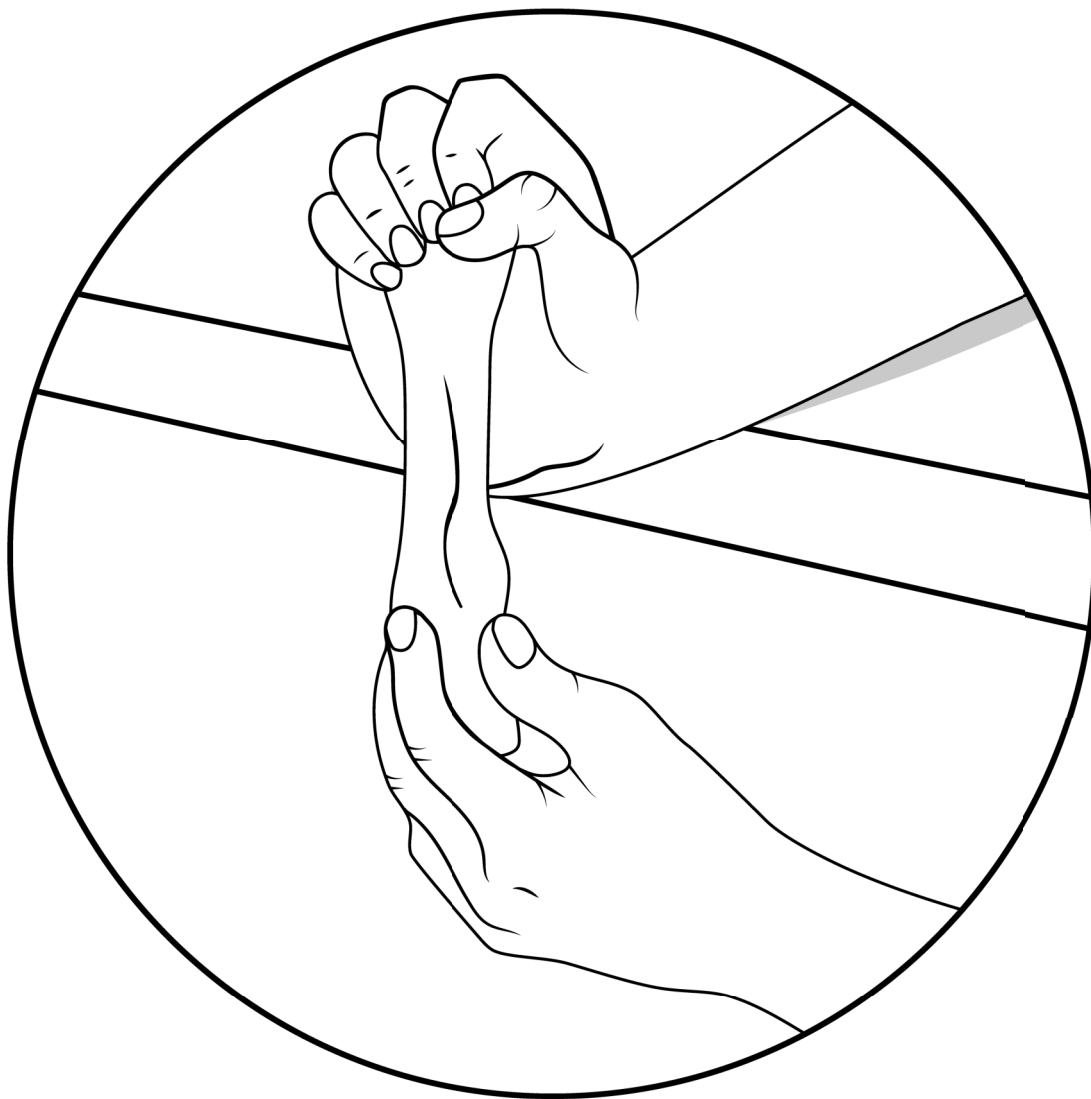
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- 1 Flatten the putty and place a collection of small beads on top.
- 2 Roll, then squeeze the putty into a ball.
- 3 Use both hands to dig and pull out the beads.
- 4 Repeat.

# >>> WRIST UP <<<

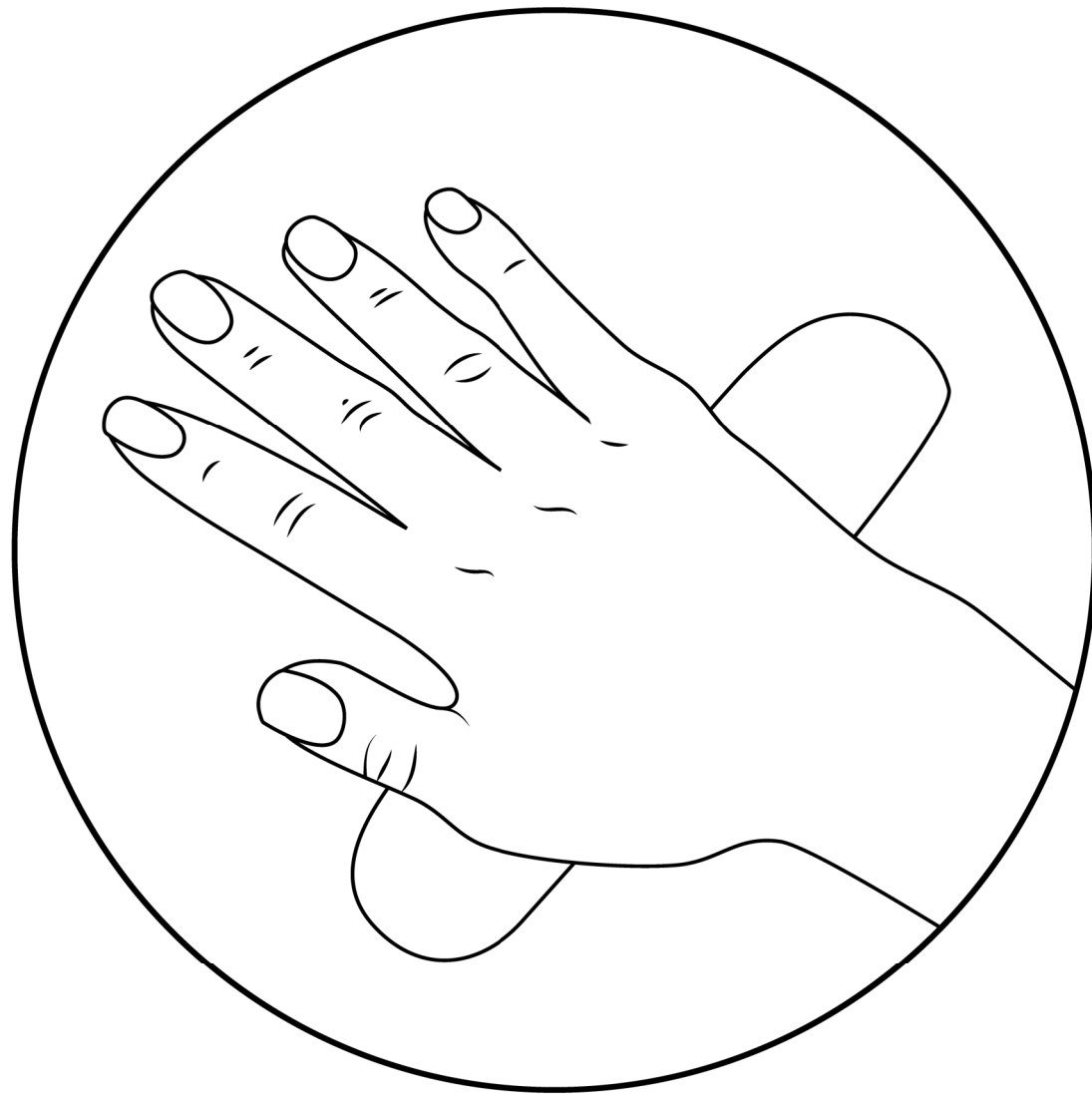
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- 1 With your palm down, rest your forearm on a table.
- 2 Let your wrist hang over the edge.
- 3 Place your other hand just below the upper hand while holding onto putty.
- 4 Reach down with top hand and grasp putty.
- 5 Next, bring wrist up to stretch the putty.
- 6 Reform and repeat.

# »» SAUSAGE ««

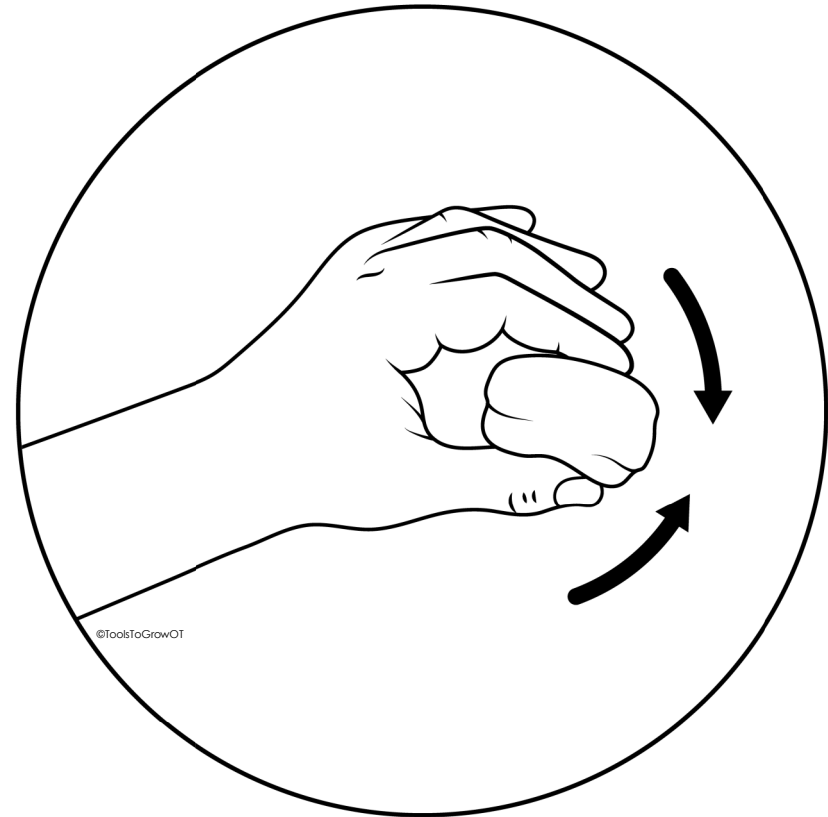
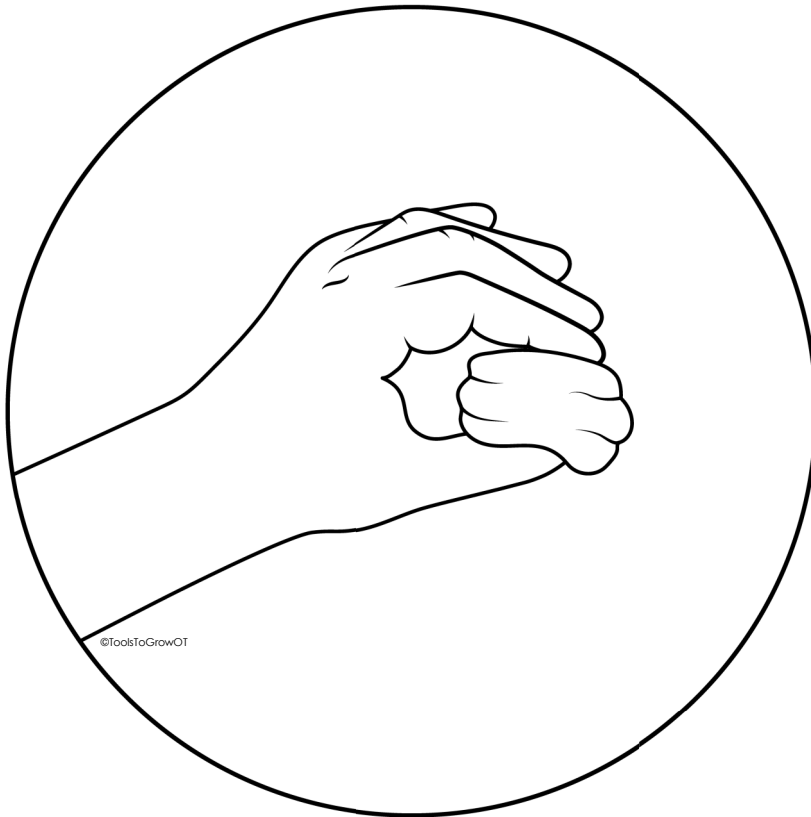
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- 1 Place a mound of putty on a flat surface.
- 2 Using a straight wrist and fingers, gently press into putty and roll back and forth to create a log.

# >>> THE FINGERTIP PINCH <<<

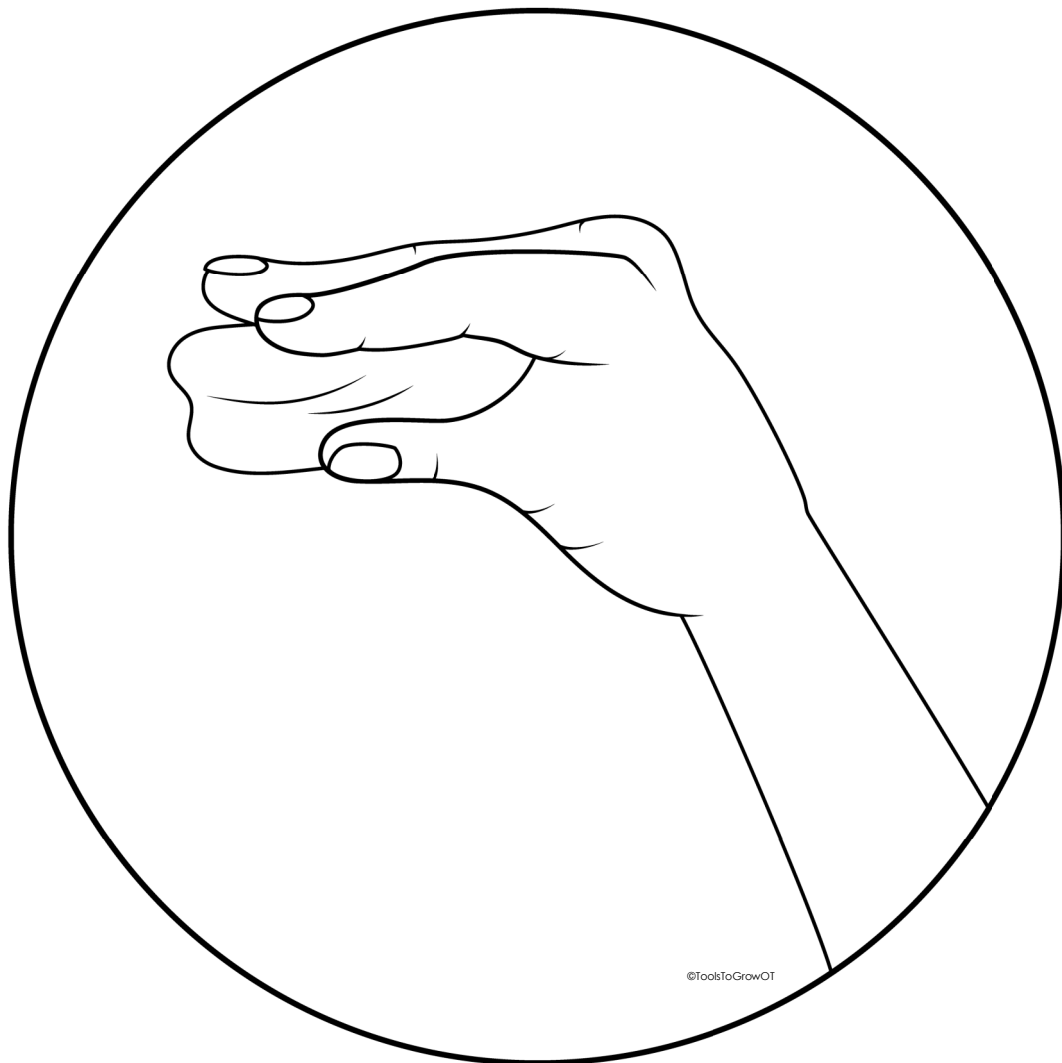
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- ❶ Place a small ball of putty between the tip of your thumb and fingertips.
- ❷ Pinch until the fingers press through the putty.
- ❸ Make a circle with these fingers while pinching.
- ❹ Reform and repeat.

# >>> THE ALLIGATOR <<<

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- 1 Place putty between the thumb and fingers.
- 2 The thumb stays underneath as you squeeze by bending only at the knuckles.
- 3 The other finger joints remain straight.
- 4 Reform and repeat.