

Things to consider when using putty

- Use only as advised by your therapist with specific exercises
- Stop using the putty if you experience any pain or swelling
- Wash & dry your hands before and after using the putty
- Keep putty in a small pot or resealable bag to contain the putty and to prevent it from drying out
- Avoid direct contact between putty and materials such as fabric, clothing and carpet
- Keep away from reach of small children / pets
- Keep putty away from excessive heat or open flames
- Avoid contact with mouth, eyes, nose and ears.
- When the putty is excessively stretched it can break down into fine strands.
- In case of accidental swallowing of the putty, please seek medical advice.
- If the putty comes into contact with the eyes carefully
- flush with water for 15 minutes.

EXERCISE PUTTY PROGRAMME

These diagrams illustrate various exercises to promote increased range of movement, strength and grasp.

1. ROLLING 	2. PINCHING 	3. BALL 
4. SQUASH BALL 	5. SQUEEZE FLATTENED PUTTY BETWEEN FINGERS 	6. PUSH FINGERS INTO BALL OF PUTTY 
7. SQUEEZE THROUGH FINGERS 	8. ROLL AGAIN 	9. "DONUT" RING 
10. SQUEEZE TOGETHER & RETURN TO CUP 	If you experience any difficulty or pain when carrying out the above exercises, consult your therapist as soon as possible.	

Complete highlighted exercises:

..... repetitions per day

Therapist Contact Information:

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Patient Information

Hand Exercises: Theraputty

