



## Thera-Putty Home Exercise Program

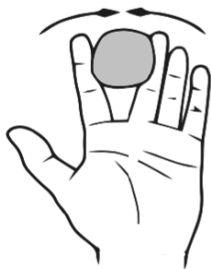
Repeat these exercises \_\_\_\_\_ times for \_\_\_\_\_ times a day



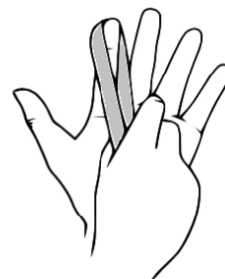
- Make a hook with your fingers and press into the putty.



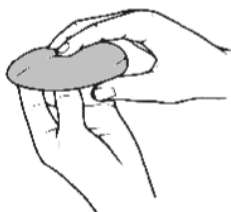
- Squeeze your fingers into the putty like you are making a fist.



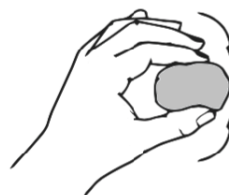
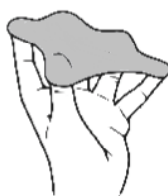
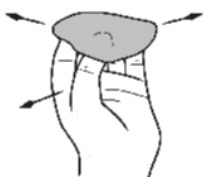
- Place a one-inch thick piece of putty between each pair of fingers and squeeze together.



- Place a one-inch thick piece of putty between each pair of fingers and squeeze together.



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



- Pinch the putty between each finger and the thumb.

