

# Hand exercises using putty

**i** Information for patients  
Therapy Services



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



You have been provided with exercise putty by your therapist to help with your upper limb strength, range and/or co-ordination.

This leaflet includes information on how to look after the putty and exercises for you to complete following demonstration from your therapist.

The exercises that your therapist wishes you to complete will have a tick beside them.

If you have any questions about information in this leaflet, please contact your therapist.

This leaflet is provided to:.....

Your therapist on the ward is:.....

Contact number:.....

## Things to consider when using putty

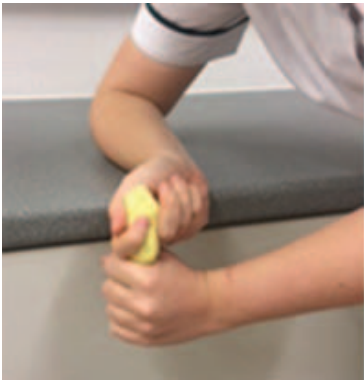
- Use only as advised by your therapist. The exercises you have been advised to do will have a tick by them in this leaflet
- Stop using the putty if you experience any pain or swelling
- Wash your hands before and after using the putty
- Keep putty in the pot provided to contain the putty and to prevent it from drying out
- Avoid direct contact between putty and materials such as fabric, clothing and carpet
- Keep putty away from excessive heat or open flame
- If in a hot environment, store putty in the pot in a fridge
- Avoid contact with eyes, nose and ears. In case of accidental swallowing of the putty, please seek medical advice.

## Exercising the wrist

**Flexion** \_\_\_\_\_

Number of repetitions: .....

- Place your forearm over edge of table with palm facing the ceiling, allowing hand to hang over edge.
- Grip the putty with one hand while holding putty in place with the other hand.
- Flex (bend) hand toward the ceiling.



**Extension** \_\_\_\_\_

Number of repetitions: .....

- Place wrist over edge of table, allowing hand to hang over edge.
- Grip putty with one hand while holding putty in place with other.
- Extend (bend) hand toward ceiling as far as possible.



## Exercising the thumb

**Opposition** \_\_\_\_\_

Number of repetitions: .....

- Turn your hand palm up.
- Place a ball of putty in your palm.
- Bend thumb towards little finger and push down into putty.



**Radial and palmer abduction** \_\_\_\_\_ Number of repetitions: .....

- Roll putty into a 'sausage' shape and join the ends to make a ring.
- Position hand palm facing you, as in picture, keeping fingers and thumb together.
- Place putty around the hand and thumb.



For **radial abduction** spread thumb to the side, increasing the space between thumb and index finger.



For **palmer abduction** spread thumb out from palm, increasing space between thumb and palm.

**Flexion** \_\_\_\_\_

Number of repetitions: .....

- Position your hand as in the picture below.
- Place ball of putty in palm and hold with fingers.
- Bend thumb down into putty.



**Extension** \_\_\_\_\_

Number of repetitions: .....

- Roll putty into 'sausage' shape.
- Wrap around top of thumb while it is bent toward palm as in picture.
- Grip ends of putty with fingers and straighten thumb.



## Exercising the fingers

**Flexion/Pinch** \_\_\_\_\_

Number of repetitions: .....

- Roll putty into 'sausage' shape.
- Pinch down the length of the putty using firstly index finger and thumb then repeat with each finger and thumb in turn.



**Flexion/Grip strength** \_\_\_\_\_

Number of repetitions: .....

- Place ball of putty into palm of hand.
- Bend fingers into putty making a fist.





**Extension** \_\_\_\_\_

Number of repetitions: .....

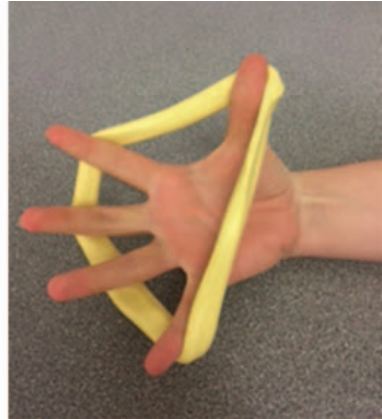
- Place a semi-flat piece of putty on the table.
- Place bent fingers in putty.
- Straighten fingers.



**Abduction** \_\_\_\_\_

Number of repetitions: .....

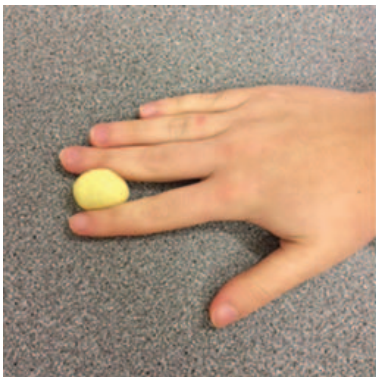
- Roll putty into a small ring shape.
- Draw your fingers and thumb tips together and place the ring of putty over them.
- Spread your fingers and thumb out evenly, trying to break the ring.



**Adduction** \_\_\_\_\_

Number of repetitions: .....

- With your hand flat on the table, squeeze a finger-sized piece of putty between each finger in turn.





## Acknowledgements

Smith & Nephew Roylan Inc. Royal Adelaide Hospital (Australia)  
STH Hand Therapy Instruction Sheet



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