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**exercise material develops**  
**and maintains grip**  
**strength" Occupational**  
**Therapy OT Kids health**  
**information**

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*Health gt Occupational*  
*Therapy gt Kids health*  
*information In this section*  
*The Kids health information*  
*package exercise putty'*

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**With Therapy Putty**  
**Verywell**

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**how you can improve your**  
**hand strength and finger**  
**strength with this therapy**  
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**FINGER EXERCISES Polk**

*April 17th, 2018 - HAND*  
*AND FINGER EXERCISES*  
*Repeat 10 to 15 times on*  
*each hand Do this exercise*  
*two to three times a week*  
*Playing with putty or clay is*  
*a great way to increase"arm*  
**theraband exercises**  
**sitting pages patient**  
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**theraband exercises sitting**  
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**for"Hand finger**

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Hand finger Strengthening  
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Education**

April 25th, 2018 - Page 2

Make an O by touching your  
thumb to each fingertip

Repeat times for seconds

Bend the end joint of your  
finger keeping the base and'

**'Putty Exercises for  
Stronger Hands and  
Fingers Climbing**

*May 5th, 2016 - Simple putty  
exercises strengthen small*

*Putty Exercises for Stronger  
Hands and Fingers With the*

*other hand palm down*

*squeeze the putty with the*

*webbing'***Theraputty Hand  
Exercises**

April 23rd, 2018 - Theraputty  
Hand Exercises Mass Grasp

Form a ball with the putty

Squeeze the putty with all

four fingers Thumb Flexion

Grasp the putty Push your

thumb tip into the putty and  
slowly'

**'Hand Exercises for Stroke  
Patients**

**April 27th, 2018 - Hand**

**exercises for the stroke**

**hand movement or already**

**has good hand range of**

**motion The exercises**

**below can help improve of**

**putty exercises'**

**'Finger Exercises ? Putty  
and Rubber Band  
Strengthening**

**April 25th, 2018 - Finger**

**Exercises ? Putty and**

**Rubber Band**

**Strengthening Don t allow**

**the exercises to increase**

**your symptoms or pain**

**hand Squeeze your**

**fingers into the**

**putty'****ABOUT YOUR**

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your fingers and hand Putty  
is used during the exercise  
to help ABOUT YOUR  
THERAPY Patients

First'**HAND AND FINGER  
EXERCISES Polk**

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AND FINGER EXERCISES**  
Repeat 10 to 15 times on  
each hand Do this exercise  
two to three times a week  
Playing with putty or clay is  
a great way to increase'

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Therapy" **CanDo® Web Hand Exercisers**

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should be done times every hours'

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**Make an O by touching your thumb to each fingertip Repeat times for seconds Bend the end joint of your finger keeping the base and'**

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**Rubber Band**

**Strengthening Don't allow the exercises to increase your symptoms or pain hand Squeeze your fingers into the putty'**

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**Fingers With the other hand palm down squeeze the putty with the**

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**This leaflet shows you how  
to perform the hand  
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your therapist has marked  
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**hours"Occupational Hand  
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**Exercises**

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**Exercises Mass Grasp**

**Form a ball with the putty**

**Squeeze the putty with all**

**four fingers Thumb**

**Flexion Grasp the putty**

**Push your thumb tip into**

**the putty and slowly'**

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