

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. SMALL BALLS (and squeeze together)	6. SMALL BALL IN PALM
		
7. SQUEEZE THROUGH FINGERS	8. ROLL AGAIN	9. "DONUT" RING
MAKE A FIST & SQUEEZE 		 MAKE RING. PLACE FINGERS INSIDE PUSH OUT
10. SQUEEZE TOGETHER & RETURN TO CUP	<p>If you experience any difficulty or any pain when carrying out the above exercises, consult your Occupational Therapist as soon as possible.</p>	
		