

INDICATIONS

- To help increase range of motion and strength

CONTRAINDICATIONS

- Not in the presence of open or draining wounds and sutures
- Not in the presence of acute fractures and unstable joints

PRECAUTIONS

- In unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional consulted

CARE

- Store in a tightly sealed container
- Avoid contact between putty and materials such as paper, clothing, and carpeting. Fabrication Enterprises is not responsible for any damage that occurs as a result of this type of contact

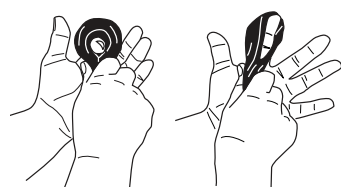
INSTRUCTIONS FOR USE

- Open plastic compartment that contains a piece of catalyst only when it will be added to putty base
- Putty base can be used without additional catalyst to provide a soft resistance. As condition improves, progress chips can be added incrementally to increase resistance as follows:
 - Open plastic compartment that contains a piece of catalyst and unfold catalyst
 - Stretch putty base and place catalyst roughly in the middle of it
 - Fold base onto catalyst and twist
 - Continue stretching, folding, and twisting to mix well
- Below are a few exercises that can be done with putty. Adding additional catalyst and/or increasing the number of repetitions will make exercise more challenging



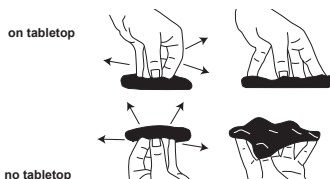
WARNING

Therapy routines should be determined by a doctor, therapist, coach, or trainer.



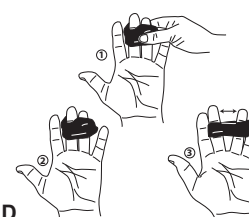
FINGER EXTENSION

Roll putty into cylinder and wrap putty around bent finger. Hold the putty with the other hand and try extending bent finger. The degree of resistance is controlled by the thickness of the putty held over the fingertip.



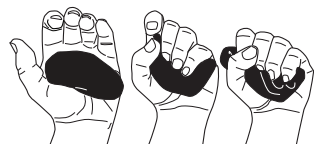
FINGER SPREAD

Form putty into a pancake shape. Place on table or mold over finger tips while fingers are bunched together. Try to spread fingers apart.



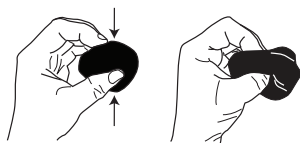
SCISSOR SPREAD

Wrap putty around tops of two fingers while they are together (steps 1 and 2). Spread fingers apart (step 3).



HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty like you are making a fist. Release fingers, reshape putty and repeat process.



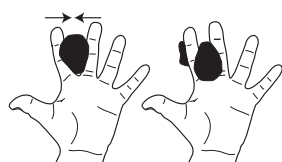
FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingertips. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



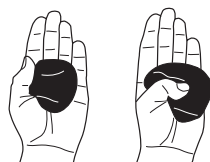
THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Re-shape putty and repeat.



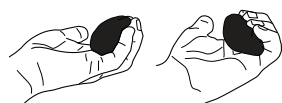
THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Re-shape putty and repeat.



THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose ends and try to straighten (extend) your thumb.

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