

vive®



**THERAPY PUTTY 6-PIECE**

Owner's Manual  
RHB1O26

[vivehealth.com](http://vivehealth.com)

## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Therapy Putty 6-Piece as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you through the process.



To see all FAQ's in one place  
visit [vhealth.link/3d567](https://vhealth.link/3d567)

## WHAT'S INCLUDED

- 1x Teal (XX-Soft)
- 1x Orange (X-Soft)
- 1x Green (Soft)
- 1x Blue (Medium)
- 1x Purple (Firm)
- 1x Red (X-Firm)

## EXERCISES

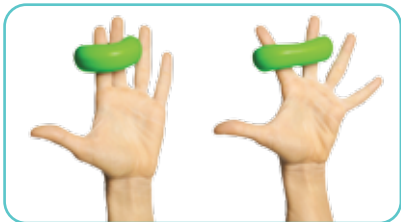
### Adductor Pinch

Press the putty with your thumb against the side of your index finger. Keep your fingers and thumb straight.



### Finger Abduction

Put a tight ring of putty around two fingers. Spread your fingers apart. Repeat the exercise for each finger.



### Finger Extension

Loop the putty over the end of the finger while it's bent. Straighten your finger using the resistance of the putty.



## Finger Pinch

Pinch the putty between each finger and the thumb.



## Finger Scissor

Place a 1 inch thick piece of putty between each pair of fingers and squeeze together.



## Finger Spread

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



## Full Grip

Form a ball with the putty. Squeeze the putty with all four fingers.



## Hook Fist

Make a hook fist and squeeze putty between your fingers and your hand.



## Thumb Extension

Loop the putty at the end of your thumb while it is bent. Try to straighten your thumb by pulling it upward.



## Thumb Pinch Strengthening

Squeeze the putty between your thumb and side of your index finger.



## Thumb Press

Push your thumb into the putty as you move the thumb toward your small finger.



## Three Finger Pinch & Pull

Pull the putty using your thumb, index and middle fingers.



## WARNING

- Parental Supervision advised for children under 13 years of age. (non-toxic silicone)
- Be sure to not get in carpet or other cloth fibers.

## GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at [vhealth.link/3d567](https://vhealth.link/3d567) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.



[service@vivehealth.com](mailto:service@vivehealth.com)



1-800-487-3808



[vivehealth.com](https://vivehealth.com)