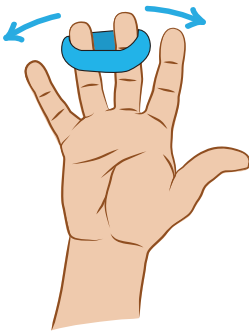


## THERAPY PUTTY

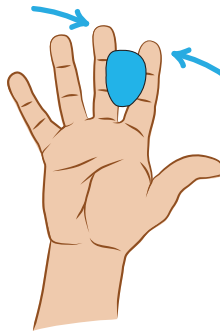
### EXERCISE GUIDE

#### FINGER ABDUCTION



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

#### FINGER ADDUCTION



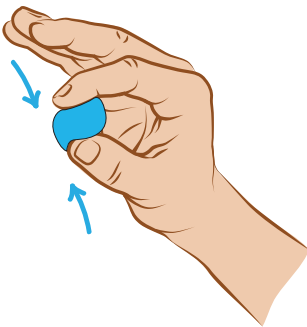
Take a one inch diameter ball of putty and place it between your fingers. Squeeze it together.

#### FULL GRIP



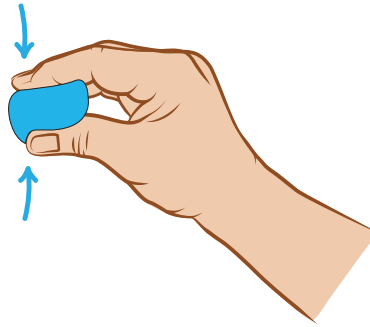
Form a ball with the putty. Squeeze the putty with all four fingers.

#### FINGER PINCH



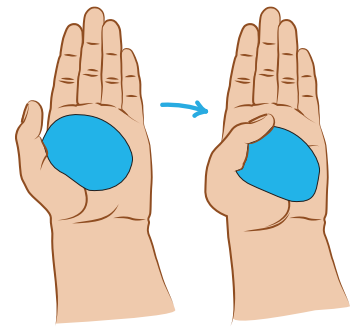
Pinch the putty between your thumb tip and the tip of your index finger.

#### PALMAR PINCH



Pinch the putty between your thumb, index and middle finger.

#### THUMB PRESS



Put the putty in the palm of your hand. Push it with your thumb towards your small finger.