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Hand Exercises With Putty

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in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

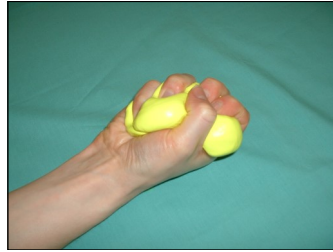
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Exercises

1. Place the putty in your hand.

Squeeze the putty with your fingers and thumb.

Repeat this exercise for minutes
 times a day.



2. Place the putty on a surface.

Keep your fingers and thumb straight and squeeze the putty.

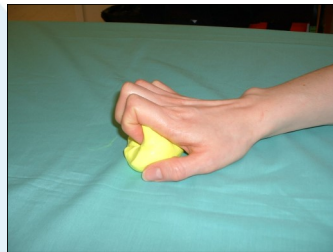
Repeat this exercise for minutes
 times a day.



3. Place the putty on a surface.

Use only your finger tips to squeeze the putty.

Repeat this exercise for minutes
 times a day.



4. Place the putty on a surface and your hand flat on top of it.

Roll the putty underneath your hand.

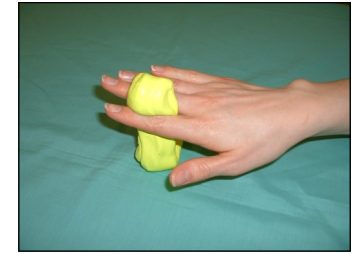
Repeat this exercise for minutes
 times a day.



5. Place the putty between two of your fingers.

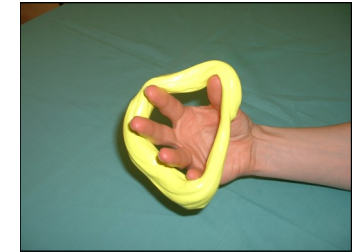
Squeeze together.

Repeat this exercise for minutes
 times a day.



6. Roll the putty into a circle around your fingers and thumb. Use fingers and thumb to make the circle wider.

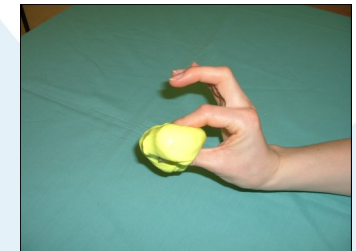
Repeat this exercise for minutes
 times a day.



7. Place putty between thumb and index finger.

Squeeze together.

Repeat this exercise for minutes
 times a day.



8. Place putty between thumb and index finger like a key.

Squeeze together keeping your thumb straight.

Repeat this exercise for minutes
 times a day.

