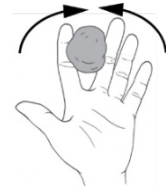
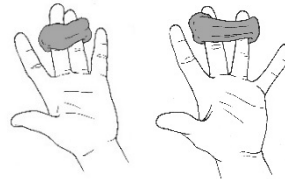
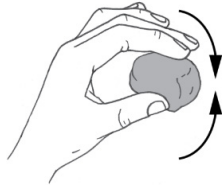
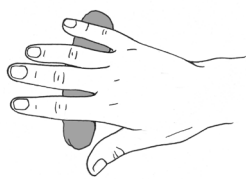
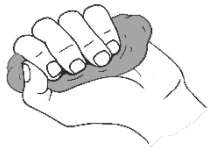


# Theraputty Exercises for Hand and Fingers

Theraputty is used for strengthening. Your therapist recommends you complete the marked exercises. Do them \_\_\_\_ times each.

**Warning!** Use putty only on hard surfaces; it will ruin clothing, bedding and carpet. Replace in plastic container when not in use.



## Squeezes: \_\_\_\_ times per day

- Make a ball with the putty and place in one hand.
- Squeeze the ball using all your fingers and thumb.
- Challenge: use only one hand to turn the putty back into a ball before squeezing again.

## Snake: \_\_\_\_ times per day

- Roll the putty back and forth, being sure to use all fingertips.

## Pinches: \_\_\_\_ times per day

- Roll out a snake or ball with the putty.
- Pinch the putty between your thumb and each finger until they touch. Be sure to form a circle with your fingers!

## Doughnuts: \_\_\_\_ times per day

- Make a small doughnut shape with the putty and place it around the tips of your fingers.
- Slowly spread your fingers apart.
- Complete this exercise with each set of two fingers.

## Pancakes: \_\_\_\_ times per day

- Make a pancake with the putty.
- Drape the pancake over the tips of all your fingers.
- Slowly spread your fingers apart. Use all fingers to help!
- **Challenge:** place pancake on tabletop and slowly spread fingers apart.

## Scissors: \_\_\_\_ times per day

- Make a ball or snake shape with the putty.
- Place putty between fingers and squeeze them together until they touch, like cutting the putty with scissors.
- Repeat cutting the putty between each set of two fingers.

## If you have questions or concerns

Contact your therapist: \_\_\_\_\_ Phone number: \_\_\_\_\_

## To Learn More

- Occupational Therapy  
206-884-9134 (Bellevue) or  
206-987-2113 (Seattle)
- Ask your child's occupational therapist
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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