



University Hospitals Birmingham
NHS Foundation Trust



Hand therapy putty exercises

Building healthier lives

UHB is a no smoking Trust

Patient name:.....

Unit no:.....

Please discuss with your therapists before completing any of the below exercises.

If you have any concerns please contact your therapist
..... on **0121 371 3488**.



1. Pinches

Relax your shoulders, with your hand flat roll the putty slowly and evenly into a sausage shape. Keep your fingers straight and together. Tilt your wrist up at the end of each roll. Pinch into the putty with your first finger (index finger) and thumb. Repeat with your other fingers (middle, ring and little fingers) in turn.

Repeattimes



2. Extensions

Place your first finger (index finger) and thumb together forming an 'O'. Press into the putty and push your thumb and finger away from each other. Repeat this with your other fingers (middle, ring and little fingers) in turn.

Repeattimes



3. Cylinder grips

Roll the putty into a ball. Place it into the palm of your hand and squeeze curling your fingers into the dough.

Repeat.....times



4. Thumb flexions

Roll the putty into a ball. Hold in your hand and curl your thumb into the hand and press down.

Repeat.....times



5. Weight bearings

Roll the putty into a ball. Place your hand over the ball and press down onto the table.

Repeat.....times



6. Hooking

Complete the weight bearing exercise to flatten the putty. With all fingers bend the first and second joints and drag the putty back.

Repeat.....times



7. Dorsal blocking

Complete the weight bearing exercise to flatten the putty. Make a fist with your hand and start at the knuckles and roll your hand down to the tips of your fingers keeping in contact with the putty.

Repeat..... times

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics www.nhs.uk/Pages/HomePage.aspx

You may want to visit one of our Health Information Centres located in:

- Main entrance at Birmingham Heartlands Hospital
Tel: **0121 424 2280**
- Treatment centre at Good Hope Hospital Tel: **0121 424 9946**
- Clinic entrance Solihull Hospital Tel: **0121 424 5616**
or contact us by email: healthinfo.centre@heartofengland.nhs.uk

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:
patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: **www.patientopinion.org.uk**
- I want great care: **www.iwantgreatcare.org** (here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.

How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you. www.uhb.nhs.uk/fft**



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If you require this information in another format such as braille, please email **interpreting.service@uhb.nhs.uk**

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