







Putty Exercises

Hold ____ seconds, ____ repetitions, ____ time(s) daily

	
<p>1. Squeeze putty with a strong fist.</p>	<p>2. Straighten large knuckle to make a hook fist.</p>
	
<p>3. Pinch putty between thumb and each finger.</p>	<p>4. Squeeze putty between pairs of fingers.</p>
	
<p>5. Make a loop around pairs of fingers and pull apart.</p>	<p>6. Pull putty apart with all fingers together.</p>