



# NCM TheraPutty™

## Hand Exercise Instructions

### Exercises for strengthening the muscles of the fingers, hand and forearm.

NCM TheraPutty™ can be formed into the various illustrated shapes, providing a balanced exercise program. Strengthening opposing muscles maintains a delicate muscular balance which improves one's dexterity and coordination.

Rehabilitation exercises with NCM TheraPutty™ should be supervised by your therapist or doctor. They will give you instructions regarding repetitions and intensity of use and notification in case pain is experienced.

**Care:** Wash hands before use to prevent soiling and to help maintain resistance of the putty. Avoid use of lotion on hands. NCM TheraPutty™ should be kept in its case when not being used. It should not be placed on rugs or fabrics for a prolonged period of time. Should a cleaner be needed, use isopropyl alcohol or Carbona®. If any putty should stick to the hand or under a fingernail, blot with the larger ball of putty to remove.

We hope you enjoy NCM TheraPutty™ and healthy hands.

**Patient Name:** \_\_\_\_\_

**Therapist Instructions:**

\_\_\_\_\_

\_\_\_\_\_

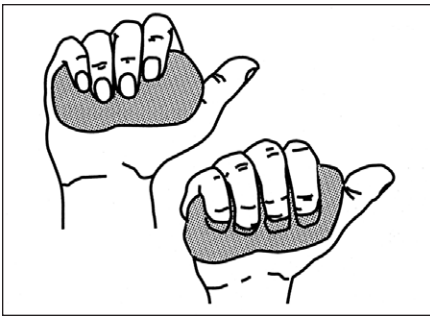
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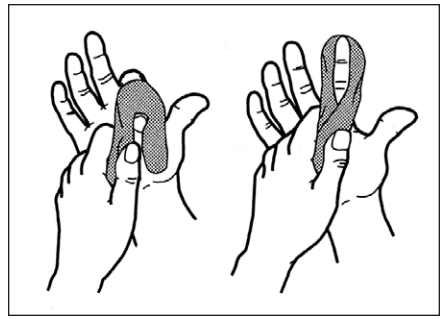
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### 1) Finger Press (Flexion)

Place NCM TheraPutty™ into the palm of the hand and press fingers through the putty until the fingertips reach the palm, resulting in a fully clenched fist. Release fingers and roll putty in hands to reshape, and repeat exercise.

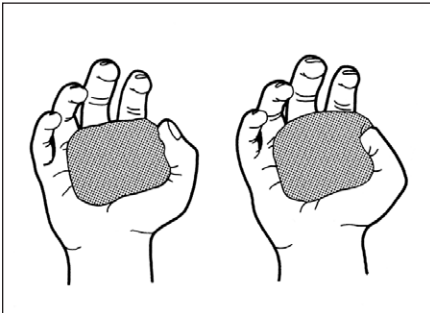
*Repetitions* \_\_\_\_\_



### 2) Individual Finger Extension

Bend one finger or thumb so that the fingertip is close to the palm of the hand. With the other hand, wrap a strip of NCM TheraPutty™ over the tip of the bent finger and grasp both ends. Straighten the finger. Repeat exercise on each finger.

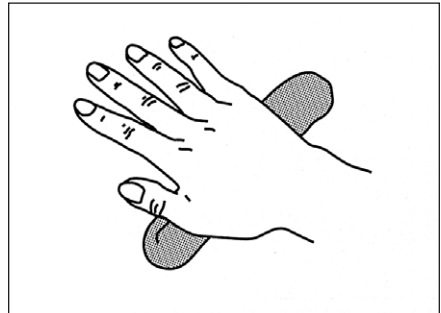
*Repetitions* \_\_\_\_\_



### 3) Thumb Dig (Flexion)

Roll NCM TheraPutty™ into a cylindrical shape and let it rest in the palm of the hand. Push thumb through putty until it reaches the palm. Reshape putty and repeat.

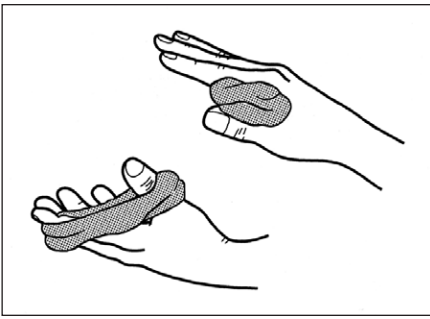
*Repetitions* \_\_\_\_\_



### 4) Mass Finger Extension

Keep fingers straight while using the palm to roll out a tube of NCM TheraPutty™.

*Repetitions* \_\_\_\_\_



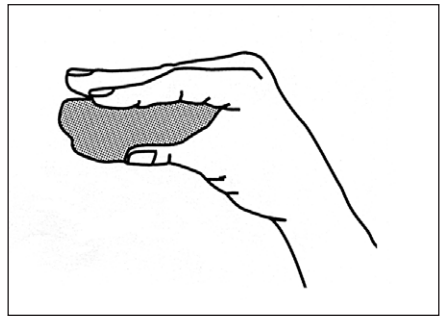
### 5) Thumb ABduction

Form NCM TheraPutty™ into a ring. Place ring around the index finger and thumb. Move the thumb away from the index finger. Keep the thumb perpendicular to index finger.

### Thumb ADduction

Put a ball of NCM TheraPutty™ in the thumb web space. Press thumb towards index finger.

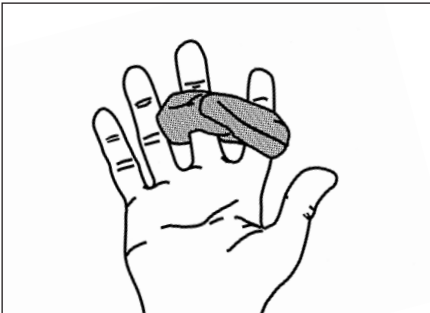
*Repetitions* \_\_\_\_\_



### 6) "Rooftop" Exercise (Intinsic)

Form the NCM TheraPutty™ into a ball. Place ball between fingers and thumb. Form a "rooftop" using straight fingers, leaving the thumb underneath. Press all fingers down toward the thumb, keeping fingers straight and together. Reshape putty and repeat pressing down one straight finger at a time.

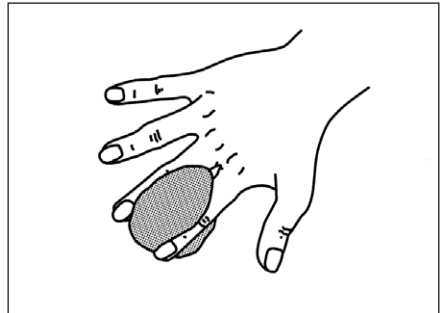
*Repetitions* \_\_\_\_\_



### 7) Individual Finger Spread (ABduction)

Place two fingers together and wrap NCM TheraPutty™ around them, near the fingertips. Try spreading the fingers apart. Repeat, using different pairs of fingers until all of the fingers have been exercised.

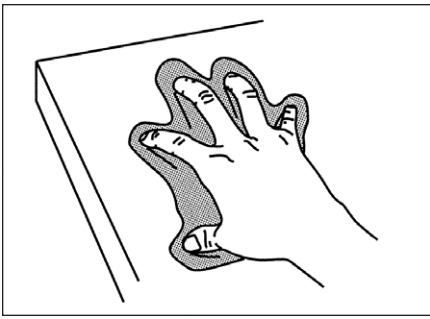
*Repetitions* \_\_\_\_\_



### 8) Finger Squeeze (ADduction)

Roll NCM TheraPutty™ into a ball and place between two spread fingers. Using a scissors-like motion, try bringing the two fingers together. Repeat, using different pairs of fingers until all fingers have been exercised.

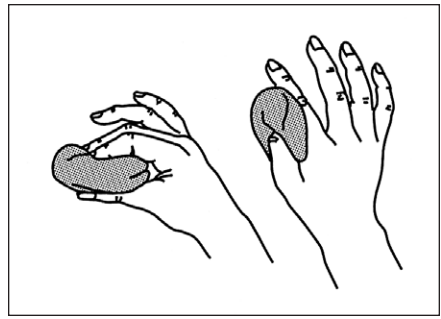
*Repetitions* \_\_\_\_\_



### 9) Finger Spread (ABduction)

Form the NCM TheraPutty™ into a thick pancake shape lying on a table. Bunch the fingertips together and place into the putty. Then, spread out all the fingers at once, enlarging the pancake as much as possible.

*Repetitions* \_\_\_\_\_

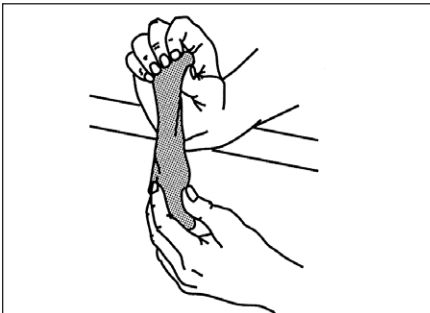


### 10) Finger Pinch

**Palmar Pinch:** Form NCM TheraPutty™ into the shape of a ball. Pinch putty between the thumb, index and middle fingertips until the fingers press through the putty.

**Key Pinch:** Form NCM TheraPutty™ into the shape of a ball. Pinch putty between the tip of the thumb and side of index finger.

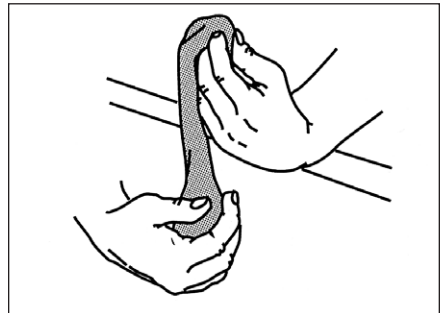
*Repetitions* \_\_\_\_\_



### 11) Wrist Extension

Rest the forearm on a table or arm of a chair, palm down, allowing the hand to hang down over the edge. Grip the NCM TheraPutty™ with the fingertips of the involved hand. While holding the putty steady below with the other hand, straighten and extend the wrist up while keeping the arm on the table.

*Repetitions* \_\_\_\_\_



### 12) Wrist Flexion

Rest the forearm on a table or arm of a chair, palm up, allowing the hand to hang down over the edge. Grip the NCM TheraPutty™ with the fingertips of the involved hand. Straighten and bend the wrist up while holding the putty steady with the other hand.

*Repetitions* \_\_\_\_\_