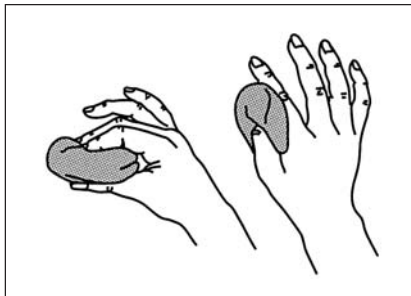


#### 9) Finger Spread (ABduction)

Form exercise putty 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* \_\_\_\_\_

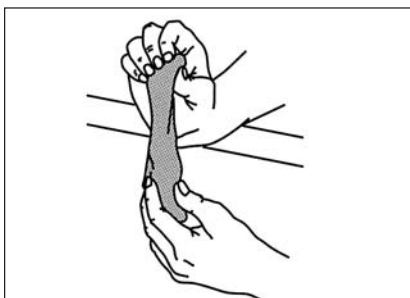


#### 10) Finger Pinch

Palmar Pinch: Form exercise putty 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 into the shape of a ball. Pinch putty between the tip of the thumb and side of the index finger.

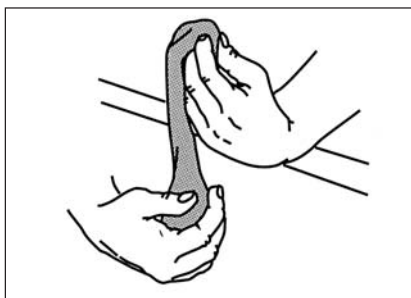
*Repetitions* \_\_\_\_\_



#### 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 exercise putty 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 exercise putty with the fingertips of the involved hand. Straighten and bend the wrist up while holding the putty steady with the other hand.

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

**Discontinue use if irritation occurs.**



## EXERCISE PUTTY

### Hand Exercise Instructions

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

Norco™ Exercise Putty 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 Norco™ Exercise Putty 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. Norco™ Exercise Putty 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 (read cleaners precautions prior to use). 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 Norco™ Exercise Putty and healthy hands.

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

**Therapist Instructions:**

---

---

---

---

---

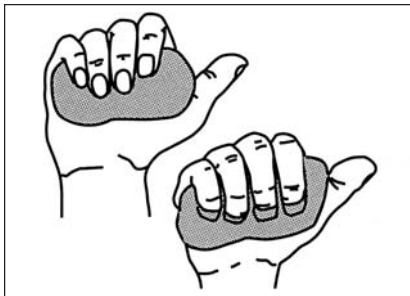
---

---

---

---

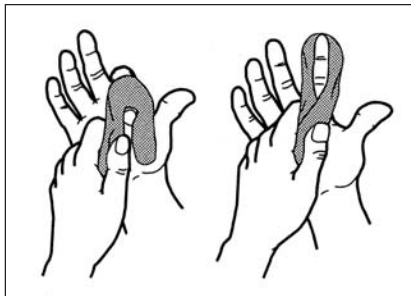
---



### 1) Finger Press (Flexion)

Place exercise putty 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.

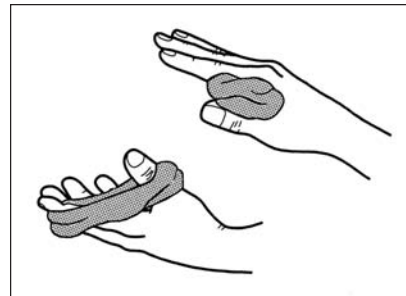
*Repetitions* \_\_\_\_\_



### 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 exercise putty over the tip of the bent finger and grasp both ends. Straighten the finger. Repeat exercise on each finger.

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



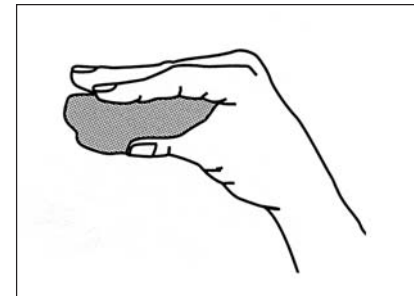
### 5) Thumb ABduction

Form exercise putty 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 exercise putty in the thumb web space. Press thumb towards index finger.

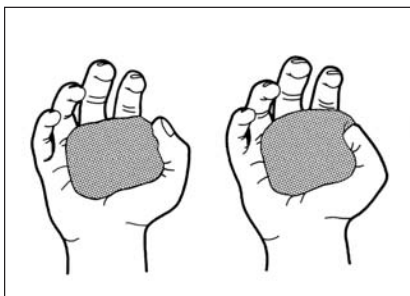
*Repetitions* \_\_\_\_\_



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

Form the exercise putty 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.

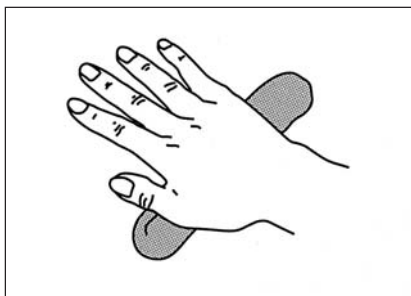
*Repetitions* \_\_\_\_\_



### 3) Thumb Dig (Flexion)

Roll putty 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.

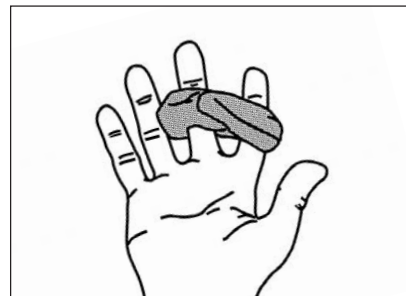
*Repetitions* \_\_\_\_\_



### 4) Mass Finger Extension

Keep fingers straight while using the palm to roll out a tube of exercise putty.

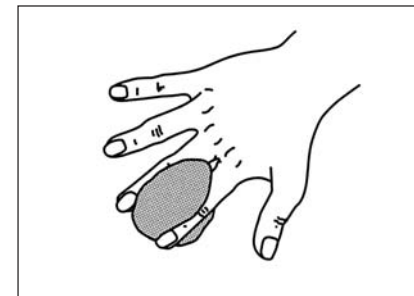
*Repetitions* \_\_\_\_\_



### 7) Individual Finger Spread (ABduction)

Place two fingers together and wrap the exercise putty 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 the exercise putty 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* \_\_\_\_\_