

HOW TO USE THE PUTTY

HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty like you are making a fist. Release fingers, reshape putty and re-peat process.



FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingertips. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



FINGER EXTENSION

Roll putty into cylinder and wrap putty around bent finger. Hold the putty with the other hand and try extending bent finger. The degree of thickness of the putty held over the fingertip.



THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Re-shape putty and repeat.



FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Re-shape putty and repeat.



THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose ends and try to straighten (extend) your thumb.



FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



FINGER SPREAD

Form putty into a pinwheel shape. Place on table or mat over finger tips while fingers are bunched together. Try to spread fingers apart.



THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



SCISSOR SPREAD

Wrap putty around tops of two fingers while they are together. Spread fingers apart.



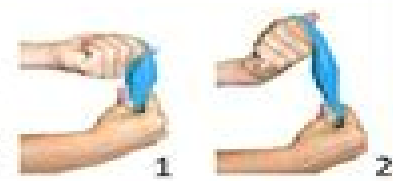
WRIST EXTENSION

Rest forearm on table or arm of chair with wrist hanging over edge, palm down. Grip putty with fingers and extend wrist upward.



WRIST FLEXION

Rest forearm on table or arm of chair with wrist hanging over edge, palm up. Grip putty with fingers and extend wrist upward.



Hand And Digit Theraputty Exercises

Grégoire Chick



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and Gynecology Susan Stephenson, Julia Dmitrieva, 2022-08-03 Part of the highly regarded Diagnostic Medical Sonography series Susan Raatz Stephenson and Julia Dmitrieva's Obstetrics and Gynecology 5th Edition thoroughly covers the core content students need to master in today's rigorous sonography programs Careful collaborative editing ensures consistency across all three titles in this series The Vascular System Abdomen and Superficial Structures and Obstetrics and Gynecology providing the right content at the right level for both students and instructors Acute and Chronic Finger Injuries in Ball Sports Grégoire Chick, 2013-07-09 Neglected finger injuries may lead to chronic lesions that often have detrimental consequences for the practice of a ball sport whether at a recreational level or at the top athlete level The initial injury management is crucial Depending on the type and the severity of the lesions different people may get involved the players themselves or their entourage physiotherapists club doctors emergency physicians family doctors sports doctors or hand surgeons Treatment is usually conservative the long fingers require rapid mobilization to prevent stiffness and contrary to that the thumb requires stability Surgery may be necessary to reach these goals especially for athletes because of the demands of their sport Chronic lesions are also in part related to repeated trauma requiring specialized long term multidisciplinary treatment They can often lead to the end of a sporting career but also may limit the functionality of the fingers at the time of conversion Dr Chick is Consultant Hand Surgeon in H pital de la Tour Geneva and Clinique de Genolier Switzerland and Visiting Surgeon in Aspetar Orthopaedic and Sports Medicine Hospital Doha Qatar **Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician** Hospital for Special Surgery, JeMe Cioppa-Mosca, Janet B. Cahill, Carmen Young Tucker, 2006-06-08 Designed to help therapists provide post surgical rehabilitation based on best practices and evidence based research this comprehensive reference presents effective guidelines for postsurgical rehabilitation interventions Its authoritative material is drawn from the most current literature in the field as well as contributions from expert physical therapists occupational therapists and athletic trainers affiliated with the Hospital for Special Surgery HSS A DVD accompanies the book featuring over 60 minutes of video of patients demonstrating various therapeutic exercises spanning the different phases of postsurgical rehabilitation Examples include hand therapy procedures working with post surgical patients with cerebral palsy sports patient injuries and pediatric procedures for disorders such as torticollis Material represents the best practices of experts with the Hospital of Special Surgery one of the best known and most respected orthopedic hospitals Phases of treatment are defined in tables to clearly show goals precautions treatment strategies and criteria for surgery Many of the treatment strategies are shown in videos on the accompanying DVD enabling the user to watch the procedure that is discussed in the text Information on pediatric and geriatric patients explores differing strategies for treating these populations Treatments specific to sports injuries are presented highlighting the different rehabilitation procedures available for athletes An entire section on hand rehabilitation provides the latest information for hand specialists Information on the latest treatment strategies for hip replacement presents complete information on one of

the most common procedures Easy to follow guidelines enable practitioners to look up a procedure and quickly see the recommended rehabilitation strategy A troubleshooting section provides solutions for common problems that may occur following each phase of the rehabilitation process Broad coverage addresses both traditional techniques as well as newer methods in a single resource Clear photos and illustrations show how to correctly perform the techniques described in the book *Hand and Upper Extremity Rehabilitation* Susan L. Burke,2006 With a convenient outline format this reference is ideal for use at the point of care It covers common medical conditions of the hand discussing both surgical and nonsurgical therapy options Rehabilitation for both types of treatment is reviewed and potential postoperative complications are addressed Reflecting the collaborative nature of current practice each chapter is written by a hand therapist with surgical content provided by a hand surgeon **BOOK JACKET** **The Medical Disability Advisor** Presley Reed,2001

Orthopaedic Rehabilitation of the Athlete Bruce Reider,George Davies,Matthew T Provencher,2014-12-15 Prevent athletic injuries and promote optimal recovery with the evidence based guidelines and protocols inside Orthopaedic Rehabilitation of the Athlete Practical expert guidance a templated user friendly format make this rehab reference ideal for any practitioner working with athletes Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Apply targeted evidence based strategies for all internationally popular athletic activities including those enjoyed by older adults Ensure optimal care from injury prevention through follow up 2 years post injury Make safe recommendations for non chemical performance enhancement **Rehabilitation of the Hand and Upper Extremity, 2-Volume Set E-Book** Terri M. Skirven,A. Lee Osterman,Jane Fedorczyk,Peter C. Amadio,2011-02-10 With the combined expertise of leading hand surgeons and therapists Rehabilitation of the Hand and Upper Extremity 6th Edition by Drs Skirven Osterman Fedorczyk and Amadio helps you apply the best practices in the rehabilitation of hand wrist elbow arm and shoulder problems so you can help your patients achieve the highest level of function possible This popular unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh authoritative and truly global perspective while new full color images and photos provide unmatched visual guidance Access the complete contents online at www.expertconsult.com along with streaming video of surgical and rehabilitation techniques links to Pub Med and more Provide the best patient care and optimal outcomes with trusted guidance from this multidisciplinary comprehensive resource covering the entire upper extremity now with increased coverage of wrist and elbow problems Apply the latest treatments rehabilitation protocols and expertise of leading surgeons and therapists to help your patients regain maximum movement after traumatic injuries or to improve limited functionality caused by chronic or acquired conditions Effectively implement the newest techniques detailed in new and updated chapters on a variety of sports specific and other

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Hand Rehabilitation Christine A. Moran, 1986 **The American Journal of Occupational Therapy**, 1994 *Orthopaedic Examination, Evaluation, and Intervention* Mark Dutton, 2008-02-24 A complete evidence based guide to orthopaedic evaluation and treatment Acclaimed in its first edition this one of a kind well illustrated resource delivers a vital evidence based look at orthopaedics in a single volume It is the ultimate source of orthopaedic examination evaluation and interventions distinguished by its multidisciplinary approach to PT practice Turn to any page and you ll find the consistent unified voice of a single author a prominent practicing therapist who delivers step by step guidance on the examination of each joint and region This in depth coverage leads clinicians logically through systems review and differential diagnosis aided by decision making algorithms for each joint It s all here everything from concise summaries of functional anatomy and biomechanics to an unmatched overview of the musculoskeletal and nervous systems

Orthopaedic Examination, Evaluation & Intervention Mark Dutton, 2004-04-16 The most comprehensive text for the core orthopaedics course required in all physical therapy programs Includes all of the necessary information to provide a high level of care to patients with any musculoskeletal dysfunction by integrating anatomy and biomechanics with treatment strategies Features case studies extensive illustrations and guidelines from the American Physical Therapy Association APTA which are integrated throughout

First Finger Exercises, with Stationary Hands A. May, 1877 [Great Hands, Great Life!: Why Proper Hand Exercise Must Be Part of Your Life](#) Terry Zachary, 2020-01-05 Proper hand muscle training is essential Therapists trainers grip athletes musicians workers esports athletes computer users hobbyists but the training rebalancing took too long was confusing used too many tools And each tool did not move the hands naturally through full 3 dimensional ranges of motion ROMs A close friend who was travelling with Dr Zachary as a professional golfer developed tennis elbow Dr Zachary responded by developing what is now Handmaster Plus Handmaster Plus made complete hand grip exercise easy convenient for the masses coupling multiple exercises into few eliminating the need for multiple resistance items The HC HO Exercise the Figure 8 Exercise and the Finger Tip Grip Exercise have become common exercises in NFL NBA MLB NHL PGA ATP circles as well as in amateur grip sports music workplace ergonomics esports computers hobby Great Hands Great Life explains general hand muscle layout function illustrates well how imbalanced hand muscles affect the stability of all upper extremity structures from the elbow to finger thumb tips He gives exercises that are easy to do so that each user s grip is balanced the kinetic chain of grip is solid stable Dr Zachary reviews

dozens of studies in the book that relate hand exercise to numerous disease conditions even to the extent of multiple famous studies that draw direct correlations between grip strength life longevity Dr Zachary also illustrates how proper hand exercise stimulates maximum circulation that likely affects the whole body Hand exercise improves lymph flow in turn stimulating lymphatic duct drainage a key to removing toxins from the head neck body and brain We have ignored hand exercise for far too long Dr Zachary teaches us that we need to rethink the importance of the hands if we expect high performance low risk of injury a long life Great Hands Great Life is an easy read for all Experts can absorb Lay people are encouraged to skip when so moved Everyone learns Everyone benefits Win Win *Chart of Exercises for Terry's Grip Finger, Hand, Wrist and Arm Exerciser ... Arranged by A. Bryce, Etc* Alexander BRYCE,1903 **First finger exercises, with stationary hands** A. May,1877 **Hand Therapy for Computer Users** Francine Milford, LMT,2012-07-19 Hand Therapy for Computer Users offers readers a variety of exercises for their fingers hands and wrists These exercises can help prevent maintain or improve current fitness levels and viability of joint functions This book will also give computer users a checklist to follow so that they can achieve optimal productivity without sacrificing their health Hand Therapy for Computer Users will give current information on the appropriate distance for screen viewing proper posture and a list of resources for future study Please consult your health care provider before using these or any other exercises **Hand Dynamics** Daim Batangtaris,1983

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