

Putty Grip



Place putty in your hand and squeeze it firmly and slowly. Reshape it and repeat.

Repeat- 15 Times, Hold- 3 sec, Complete- 2 sets,
Perform- 1 Time(s) a Day

Putty Key Grip



Hold the putty at the top of your hand. Squeeze the putty between your thumb and the side of your 2nd finger as shown.

Repeat- 15 Times, Hold- 0 sec, Complete- 2 sets,
Perform- 1 Time(s) a Day

Putty Thumb Flexion



Press your the tip of your thumb into the putty as shown.

Repeat- 15 Times, Hold- 0 sec, Complete- 2 sets,
Perform- 1 Time(s) a Day

Lateral Pinch Resistance



Squeeze the putty between thumb and side of index finger. The position of the hand should be in neutral as if you were turning a key. Squeeze until putty is thin between thumb and index finger.

Repeat- 15 Times, Hold- 5 sec, Complete- 2 sets,
Perform- 2 Time(s) a Day

Putty Pinch And Pull



Hold the putty with one hand and then pinch and pull the putty with the target hand.

Repeat- 15 Times, Hold- 0 sec, Complete- 2 sets,
Perform- 1 Time(s) a Day

Putty Extension Loop



Create a small tubular section of putty. Form a loop around your fingers and then pull it apart as shown.

Repeat- 15 Times, Hold- 0 sec, Complete- 2 sets,
Perform- 1 Time(s) a Day