
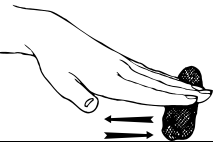
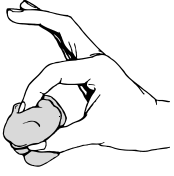
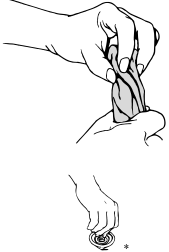


Theraputty Exercises

What is Theraputty?

Theraputty is like Silly Putty. It is used to exercise your child's hand. It helps develop hand strength and coordination. The type of putty your child will get depends on how much exercise their hand needs.

Theraputty Exercises:

	<ul style="list-style-type: none"> • Squeeze putty using fingers and thumb. • Do this 10 times.
	<ul style="list-style-type: none"> • Roll putty back and forth into a long roll or "snake". • Keep rolling until it is about 12 inches long.
	<ul style="list-style-type: none"> • Make a long roll or "snake". • Pinch putty across the roll with index finger and thumb. • May repeat with other fingers.
	<ul style="list-style-type: none"> • Pull putty apart with 2 hands then squish back together. • Repeat 10 times.

Here are some other ideas for Theraputty exercises:

- Hide small objects in putty for your child to find. Use buttons, pennies, beads, etc.
- Roll putty into long roll like a snake. Use the roll to form letters or words.
- Roll putty into long roll like a snake. Use a scissors to cut the roll into 1-inch pieces.
- Roll 1-inch pieces of putty into small balls.
- Make a monster. Flatten putty into round pancake and lay it over your child's fist. Have the child open hand and watch fingers poke through putty.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.