

How to use therapeutic putty

Occupational Therapy & Physiotherapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Who is this leaflet for?

This leaflet is for patients who have been advised to use therapeutic putty to strengthen their hands or forearms. It explains what the putty is, how to obtain, use and care for it, and how to do the exercises recommended by your therapist.

What is Therapeutic Putty?

Therapeutic putty is usually made of latex-free silicone and is used to increase movement and strengthen the muscles of the hand and forearm. The putty comes in different varieties, resistance and quantities.

Where can I buy Therapeutic Putty?

Your local pharmacy/mobility shop may supply putty.

Other suppliers include:

- Patterson Medical (Physio Med)
- Promedics
- Amazon (Internet)

Please note that provision of this information does not imply endorsement of any of the products, companies or services by the Royal Wolverhampton NHS Trust. For most hand exercises a minimum 100g pot is required. Choose the correct strength of putty for your current stage of rehabilitation. Your therapist will advise you about this.

How should I look after the putty?

Keep the putty for your use only, to minimize the risk of infection. Wash your hands before use to prevent soiling of the putty.

Always put the putty back in the plastic pot provided, to prevent it spreading / keep it clean.

Do not use the putty on polished surfaces, as the oil within the putty may stain your furniture. A laminate work surface is preferable.

Avoid direct contact with fabrics, paper, clothing, carpets etc.

If the putty does become embedded, rub an ice cube over the putty to harden and then work out of the fabric.

Exercises using therapeutic putty

In the following pages a range of exercises are described using the putty. The exercises which are right for you are dependent on the nature of your injury/illness and what stage you are at in your treatment. Only do the exercises advised by your therapist at any given stage.

Exercise 1 Composite finger flexion and extension

Hold the putty in the palm of your hand. Squeeze the putty and curl the fingers into it. Release the putty and roll it on the table, keeping the fingers and wrist straight.



Exercise 2 Intrinsic flexion

Place the putty on the table. Place your forearm on the table with the hand palm downwards, fingers straight, over the putty. Place your fingertips into the putty.



Without moving your forearm, drag the putty with your fingertips, but bending the main knuckles of your hand only – keep your fingers straight.

Exercise 3 Pinch Grip

Place the putty on the table. Pinch the tip of the thumb to the tip of each finger in turn.



Exercise 4

Finger Adduction

Place the putty on the table. Place your forearm on the table with your hand palm downwards on the putty. Spread your fingers and pull the putty up between them. Then squeeze your fingers together whilst keeping them straight.



Exercise 5

Individual finger adduction

Place the putty on the table. Place your forearm on the table with your hand palm downwards on the putty. Spread your fingers and place the putty between two fingers. Then squeeze the fingers together whilst keeping them straight.



Exercise 6

Individual finger flexion

Hold the putty in the unaffected hand. Bury the affected finger into the putty and drag the putty away from the unaffected hand by bending the affected finger.



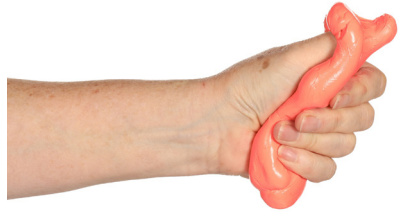
Exercise 7
Thumb flexion

Shape the putty into a cylinder.
Straighten your thumb and place the
putty against the inside of the thumb.
Bend the thumb forwards into the putty.



Exercise 8
Thumb extension (1)

Hold the putty in the palm of your
hand. Bend your thumb and bury it into
the putty. Then straighten your thumb
against the putty.



Exercise 9
Thumb extension (2)

Place the putty on the table. Push
the thumb into the putty and then
straighten the thumb outwards away
from the hand.



Exercise 10

Thumb opposition

Place the putty between the thumb and little finger. Squeeze the tip of the thumb towards the tip of the little finger, keeping the joints of the finger and thumb straight.



Exercise 11

Thumb adduction

Place the hand flat on the table, palm upwards. Place the putty between the thumb and index finger. Squeeze the putty between the thumb and index finger, without bending the top joint of the thumb.



Exercise 12

Finger flexion

Place the putty on the table and push your fingertips into it. Keep the wrist still and curl the fingers into a fist, dragging the putty into the fist.



Exercise 13

Finger extension

Place the putty onto the table and place your hand (palm down) on the putty with the fingers curled into a fist. Keep the wrist still and slowly straighten the fingers, pushing the fingertips into the putty



Are there any side-effects or precautions for using the putty?

Your therapist has assessed you as being suitable to use the putty. It is very unlikely that you will suffer any ill effects; however if you develop severe discomfort or pain, skin rashes or itching, please stop using the putty and speak to your therapist as soon as possible.

Who can I contact if I have any concerns or questions about the putty?

If you have concerns or queries about any aspect of using the putty please speak to the therapist in charge of your care.

Name of therapist:

Contact telephone number:

Out of hours/emergency contact details:

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。