

Hand therapy department

Therapeutic putty exercises

This leaflet shows you how to perform the hand exercises your therapist has given you. The exercises your therapist has marked should be done _____ times, every _____ hours during the day.

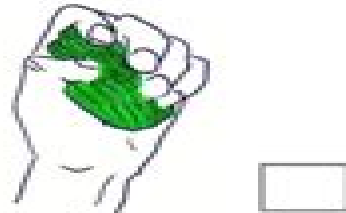
Remember that it is the quality of the exercises that counts rather than the quantity.

If you have any further questions or concerns, please speak to your therapist.



Mass grasp

Form a ball with the putty. Squeeze the putty with all four fingers.



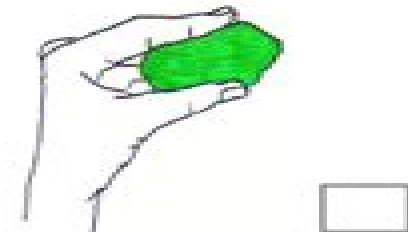
Thumb flexion

Grasp the putty. Push your thumb tip into the putty and slowly pull your thumb out.



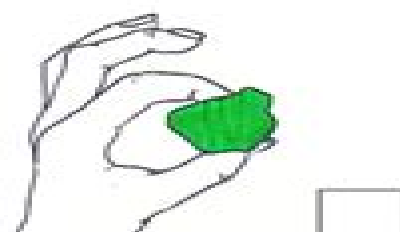
Key pinch

Pinch putty between your thumb tip and side of your index finger.



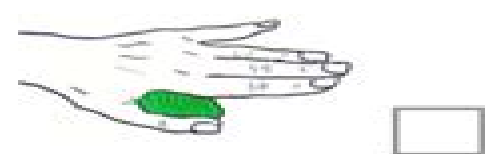
Palmar pinch

Pinch putty between your thumb, index and middle finger.



Tip pinch

Pinch putty between your thumb tip and the tip of your index finger.



Adductor pinch

With your hand flat on the table, pinch putty between your thumb and the side of your index finger.

Theraputty Exercises Handout

Dr Kim Byrd-Rider Pt, Kim Byrd-Rider

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Primary Care Occupational Therapy Sue Dahl-Popolizio, Katie Smith, Mackenzie Day, Sherry Muir, William Manard, 2023-05-15 Healthcare is shifting towards a holistic whole person approach to improve population health decrease cost of care and improve patient and provider experiences To achieve this the primary care sector is adopting an integrated interprofessional care team model which addresses both biomedical and behavioral health and includes preventative care population health management technology and innovative strategies to increase access to care Occupational therapy OT is uniquely positioned to add their distinct whole person mental behavioral health and medical care scope and skill to these teams to address patient needs As this is an emerging practice area for OT and no guidelines specific to primary care exist this book will be a first of its kind text for occupational therapy practitioners OTP in primary care settings As OTPs work with habits roles and routines that affect health OT in primary care promotes health and improves patient self management of medical conditions and lifestyles reducing patient dependence on costly health care services This timely clinical manual guides best practices for primary care OT It helps OTPs fit into the quick paced primary care practice model In traditional OT settings intervention sessions are longer and focus on acute rehabilitation or mental behavioral health conditions In primary care visits are brief and address patient needs in the context of their presenting issue No other published guide meets the unique needs of this emerging practice area Authors provide administrative information specific to OT in primary care and interventions for specific health conditions including chronic conditions common to this setting Written by experts in the field Primary Care Occupational Therapy is the definitive resource for all primary care OTPs or those interested in lifestyle based interventions for conditions frequently seen in primary care It is also a useful guide for behavioral health care providers and administrators of general medical practices *A Therapist's Guide to Oncology* Ann Burkhardt, 1996 **The Therapy Bible on Yoga** Dr Kim Byrd-Rider Pt, Kim Byrd-Rider, 2018-09-05 This ground breaking healthcare book provides note and program referencing ability to PTs OTs PTAs COTAs Chiropractors Acupuncturists Massage Therapists Rolfers Athletic Trainers Yoga Teachers and even to the injured themselves Anyone who needs an easy fast and therapeutically sound way to build a yoga program for a specific diagnosis has found their solution Each yoga exercise contains four topics for fast and easy information searching 1 Dr Kim's Comments supplemental therapy commentary 2 For Your Notes condensed single spaced paragraph form 3 Accomplishments of This Yoga Exercise patient handouts 4 Follow These Instructions with Pictures patient handouts Excessive exercise time note documentation time accurate documentation ineffective exercises small cartoon handouts and exercise choice errors are the great hurdles of any therapist This book was created to solve these problems It's time to get very specific and make sure every exercise a person does achieves their diagnosis needs and does it well Due to time constraints it also has to be fast

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