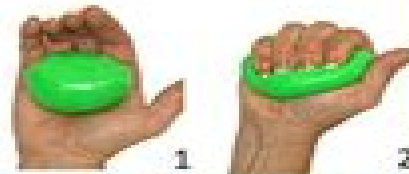


# HOW TO USE THE PUTTY

## HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty (as 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.



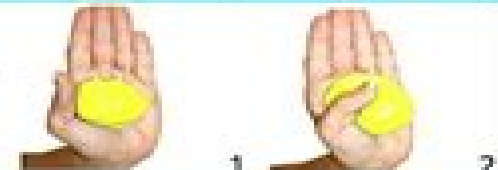
## FINGER EXTENSION

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.



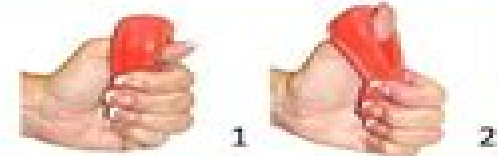
## FINGER SCISSOR

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.



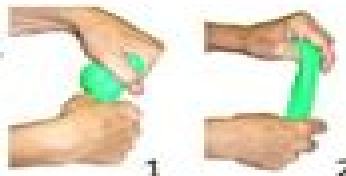
## SCISSOR SPREAD

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



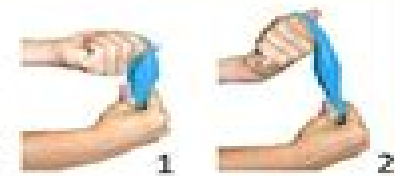
## WRIST EXTENSION

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.



# Putty Exercise Handout

**Daniel Horwitz, Michael Suk**



## **Putty Exercise Handout:**

A Handout on Medical English for Health Professionals Goretti Faya Ornia, 2018-01-23 This book offers a guide to medical English and is addressed to healthcare professionals and students with an upper intermediate level of English. It will also be useful as a handout for specialised English courses offered in medicine, nursing and physiotherapy degrees and can be used as a self study book. The book is made up of four chapters structured into three sections namely grammar, science and phonetics. Each chapter reviews the main points of English grammar and works with the vocabulary of the medical field. The book also provides students with basic knowledge of phonetics which will help them to improve their listening and speaking skills.

Therapy of the Hand and Upper Extremity Scott F. M. Duncan, Christopher W. Flowers, 2015-02-20 Presenting over 100 rehabilitation protocols for the hand and upper extremity in an easy to use step by step format this practical reference provides surgeons and therapists alike with a go to source for the therapy technique or strategy appropriate for their patients. Covering injuries from the shoulder, elbow, wrist, hand and fingers each protocol includes bullet pointed steps in daily or weekly increments following the injury or surgery and are inherently adaptable to the specific surgical intervention or rehabilitation requirement. Procedures following arthroplasty, extensor and flexor tendon injuries, fractures and dislocations, ligament and soft tissue injuries and nerve compression syndromes are among the many and multifaceted therapies presented. This book will be an invaluable resource for the orthopedic surgeon, hand surgeon, physical therapist, occupational therapist, hand therapist and any active clinician treating injuries to the hand and upper extremity.

A Therapist's Guide to Oncology Ann Burkhardt, 1996      *DBT? Skills Manual for Adolescents* Jill H. Rathus, Alec L. Miller, 2014-11-20 Dialectical behavior therapy has revolutionized cognitive behavioral therapies with constructs such as mindfulness and acceptance now permeating behavioral approaches. Adolescents differ from adult clients with regard to emotional and cognitive developmental level and context; they overwhelmingly attend school and reside with their families and depend on them for daily functioning including for getting to therapy. Thus we considered developmentally relevant as well as family based targets, cognitive processing and capability differences, distinct liability issues and interventions with their environments. Our adapted adolescent skills handouts are being used in multiple research settings; many clinical settings around the world employ some version of our materials. The publication of this manual makes them more widely available along with group management strategies and skills teaching notes to assist the DBT skills trainer working with adolescents.

*Hoppenfeld's Treatment and Rehabilitation of Fractures* Daniel Horwitz, Michael Suk, 2021-02-25 Written by leading orthopaedists and rehabilitation specialists the second edition of Hoppenfeld's *Rehabilitation and Treatment of Fractures* presents sequential treatment and rehabilitation plans for fractures of the upper extremity, lower extremity and spine. The book demonstrates how to treat each fracture from both an orthopaedic and a rehabilitation standpoint at each stage of healing. Introductory chapters review the fundamentals of fracture management, bone healing, treatment modalities

biomechanics assistive devices and adaptive equipment gait splints and braces therapeutic exercise and range of motion and determining when a fracture is healed Subsequent chapters focus on management of individual fractures Each chapter on an individual fracture is organized by weekly post fracture time zones from the day of injury through twelve weeks For each time zone the text discusses bone healing physical examination dangers x rays weight bearing range of motion strength functional activities and gait ambulation      **Im Earth Lab Explore Earth Sci** Claudia Owen,Diane Pirie,2001-08      **Take Two Tablets and Call Moses** , Take Two Tablets and Call Moses covers everything kids need to know about Moses in 12 reproducible pick up n do lessons Kids will learn how God took care of baby Moses as well as the prophet s encounter with a burning bush the plagues of Egypt the Exodus the rumble and flash of the Ten Commandments and much much more

Second Language Pronunciation Ubiratã Kickhöfel Alves,Jeniffer Imaregna Alcantara de Albuquerque,2022-12-19 In the field of second language L2 acquisition the number of studies focusing on L2 pronunciation instruction and perceptual production training has increased as new classroom methodologies have been proposed and new goals for L2 pronunciation have been set This book brings together different approaches to L2 pronunciation research in the classroom or in the language laboratory 13 chapters written by well known researchers focusing on a variety of first and target languages are divided into four parts Pronunciation development and intelligibility implications for teaching and training studies L2 pronunciation teaching L2 pronunciation training implications for the classroom and Pronunciation in the laboratory High Variability Phonetic Training Intended for researchers in the fields of second language acquisition phonetics phonology psycholinguistics speech therapies speech technology as well as second language teaching this book not only summarizes the current research questions on L2 pronunciation teaching and training but also predicts future scenarios for both researchers and practitioners in the field      **Art and Design for Secondary School Children with SEN** Maureen Glynn,2017-12-06

Art and Design for Secondary Students with SEN is a valuable compilation of practical ideas visual aids and lesson plans designed to engage students in developing their creative art skills Made up of twelve lessons that each examine a particular theme the book spans a wide variety of topics and different media in art progressing from basic drawing and painting techniques in pencil pastel watercolour and acrylic and moving onto higher level creative design techniques of painting on glass and silk FEATURES INCLUDE Step by step tried and tested lesson plans devised by an experienced and qualified art teacher Helpful learning outcomes timings materials and recommended resources for each lesson Useful tips and visual teaching aids for introducing new techniques Full colour illustrations throughout including examples of students art work All illustrations available to download as e resources With links to the National Art Curriculum and other secondary curriculum subjects this resource offers innovative and creative ideas for delivering engaging art lessons This book will be ideal reading for both specialist and non specialist teachers of art and design at secondary level who work with small groups as well as teaching assistants art and occupational therapists youth workers and PGCE students of secondary art and design

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