

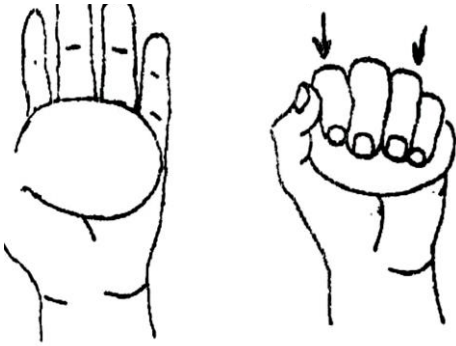
Putty Exercises

*These exercises were selected to keep at risk muscle groups tone and active.

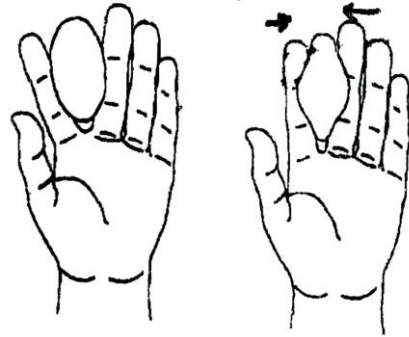
- Work within your limits
- Stop if you have pain

*Give your muscles at least a day to rest inbetween workouts unless instructed otherwise.

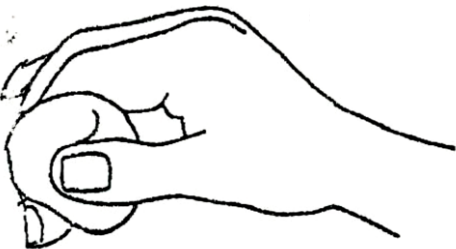
Grasp



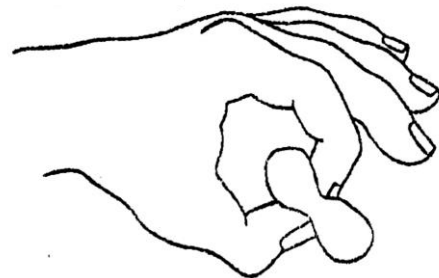
Scissor Pinch



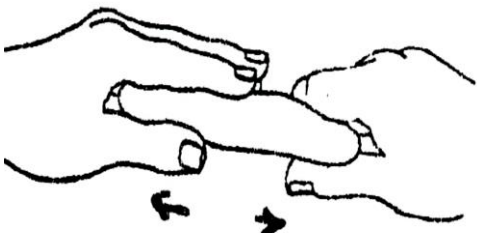
Key Pinch



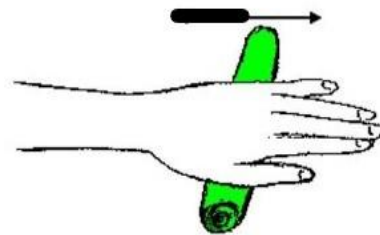
Tip to Tip Pinch



Taffy Pull



Rolling



Place putty on a flat surface and roll the putty into a log. Make sure that your fingers remain straight during this exercise. Repeat.