

## Thera Putty Instructions

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### EXERCISE PUTTY

There's a new twist in hand therapy. Puttycise® tools are great for use with Theraputty® exercise material to increase function and versatility of the ubiquitous hand exercise material.

### HEP Handouts and Resources | Hand Therapy Academy

AliMed® Color-Coded Therapy Putty You've asked...we've listened! Our everyday therapy putty is now better than ever — and in resistances consistent with industry standards! Silicone-based putty is ideal for any rehabilitation program and maintains its consistency, unlike so many putties on the market today.

### How to Make Theraputty | Healthfully

Grasp the putty with the little finger side of both hands. Pull the putty apart. Two handed palmar pinch Pinch the putty between your thumbs, index and middle finger tips with both hands, and pull the putty apart. Finger extension Roll the putty into a tube while lifting your straightened fingers. Finger adduction Make a putty rope.

### 13 Best Theraputty (f/m skills & strength) images ...

Theraputty is a strong, non-toxic, latex free putty-like material that leaves no residue and won't fragment, separate stain or stick to skin. There are 6 different colours, each having a different degree of resistance when handled. The putty can be stretched, pinched, kneaded, squeezed and separated.

### NCM TheraPutty - North Coast Medical

Form putty into the shape of a ball. Pinch putty with a fingertip and the thumb until the finger presses through the putty. Repeat exercise with each finger seperately after reshaping the putty into a ball. Thera-Putty Exercises ® 2

### Theraputty Hand Strength Exercises | NHS GGC

TheraPutty Instructions provides guidance on using TheraPutty to strengthen finger, hand, and forearm muscles. Each purchase includes 25 instruction sheets that can be handed out to hand therapy clients for use at home. There are 12 different exercises illustrations with written descriptions under the pictures.

### Thera Putty Instructions

Form the NCM TheraPutty™ into a thick pancake shape lying on a table. Bunch the fingertips together and place into the putty. Then, spread out all the fingers at once, enlarging the pancake as much as possible. Repetitions 10) Finger Pinch Palmar Pinch: Form NCM TheraPutty™ into the shape of a ball. Pinch putty

### Exercise Manual - Thera sm - Graham-Field

To remove fine bits of putty from the table surface daub with a large blob of theraputty. ... Roll out a new sausage and repeat instructions above with the tip of the thumb and the next finger (until all fingers (e.g. index, middle, ring and pinkie) have pinched the sausage of putty). Carry this exercise out twice with both hands.

### Theraputty | AliMed Color-Coded Therapy Putty Kit

As an effective occupational therapy tool utilized for hand and finger strengthening, therapy putty offers productive and simple resistance to help develop a strong and capable grip. Rehabmart is proud to offer a variety of superior quality therapy putty products from esteemed vendors encompassing Fabrication Enterprises, Sammons Preston, North Coast, DeRoyal and Pivotal 5.

### How to Make Putty - The Best Stress Putty Recipe - Natural ...

The DIY putty reminded me more of that Nickelodeon Gak I used to play with when I was a kid. Even Silly Putty is firmer than this creation. However, since I had braved the gagging and messy hands, I decided to see what I could do with this putty.-I hid some small beads in the mixture, but they were only hiding under a thin film.

### **DIY Therapy Putty - The Anonymous OT**

Contrast Bath Instructions. This is a simple and concise explanation of a sequence for contrast baths to manage edema for hands or feet. ... Thera-Putty HEP. When you send your patient home with theraputty, this handout gives the instructions on some of the most common exercises.

### **TheraPutty Instructions FOR SALE - Rehabmart.com**

you instructions regarding repetitions and intensity of use and notification in case pain is experienced. Care: Wash hands before use to prevent soiling and to help maintain resistance of the putty. TheraPutty should be kept in its case when not being used. It should not be placed on rugs or fabrics for a prolonged

### **21 Silly Putty & Therapy Putty Activities - Childhood101**

How to Make Putty, The Best Stress Putty Recipe, perfect sensory play, therapy putty for special needs, autism, and working fine motor skills, Best Sensory Dough, Essential Oils Dough, Therapy dough for kids, Stress Putty Recipe, Stress Relieving Dough

### **Theraputty Hand Strength Exercises | NHS GGC**

CanDo TheraPutty hand putty is the leader in resistive hand exercise material. Available in six color-coded resistance levels, CanDo TheraPutty has different firmnesses ranging from xx-soft for strengthening the weakest grasp to extra-firm for developing a stronger grip.

### **TheraPutty exercises**

How to Make Theraputty. Written by Leah Newman . 27 July, 2017 . Theraputty is a silicone putty used by occupational therapists to strengthen finger, hand and forearm muscles in patients. It is very similar in look and consistency to the children's putty. In fact, a homemade version of Theraputty made from a recipe for children's putty allows ...

### **Effective Hand Therapy Putty Exercises + Free PDF | Flint ...**

21 Silly Putty & Therapy Putty Activities. Today Carrie of A Little Learning for Two is sharing 21 activity ideas for playing (and learning) with silly putty or therapy putty. With two children on the Autism spectrum if there is one thing that has been tried and tested thoroughly in our family it would be therapy tools. While there are many ...

### **Puttycise® Exercise Putty Tools - Fabrication Enterprises**

The patented Puttycise® tools are a new addition to the occupational therapy universe. These tools can be pushed, pulled or turned through putty to produce specified exercises to simulate functional activities. TheraPutty® material is manufactured in the USA and carries the CE mark for sale outside the USA. The exercise putty product category

### **Therapeutic putty exercises**

Hand therapy putty exercises can help you regain dexterity in your hand with a simple, affordable accessory. Before we dig into the exercises, you should know how to get the most of your hand putty exercises: Getting the Best Results from Hand Putty Exercises If you only learn one thing from this post, remember this: ... Effective Hand Therapy Putty Exercises + Free PDF Read More »

### **TheraPutty® exercise material - Fabrication Enterprises**

Thera-Flex Therapy Putty - 1 lb - Coral - Medium-Firm Resistance by Thera-Flex -- Awesome products selected by Anna Churchill Thera-Flex by Depco Hand Therapy Exercise Putty for Hand and Finger Exercise: Physical Therapy Equipment, Supplies & Products

### **Theraputty & Putty for Hand Therapy Exercises | ON SALE**

Base putty with pellet packs 10-26702½ oz. base putty, 1 pack 10-26711 lb. base putty, 6 packs 10-26725 lb. base putty, 32 packs Base putty only 10-26802½ oz. base putty 10-26811 lb. base putty 10-26825 lb. base putty Pellet packs (4 pellets per pack) 10-26901 pellet pack New formula allows you to warm exercise putty in a microwave. Use ...

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