

# 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.



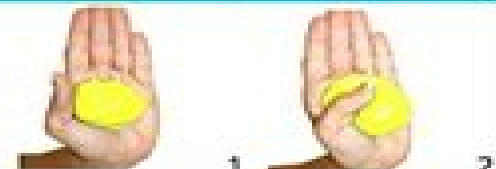
## FINGER EXTENSION

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 mold 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 tops of two fingers while they are together. Spread fingers apart.



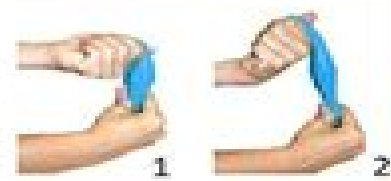
## WRIST EXTENSION

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.



# Theraputty Exercises

**James Megargee Hunter**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Theraputty Exercises:**

1001 Pediatric Treatment Activities Ayelet Danto,Michelle Pruzansky,2024-06-01 1001 Pediatric Treatment Activities Creative Ideas for Therapy Sessions is back with the newly updated Third Edition Created by practicing occupational therapists specializing in pediatrics care who recognized the need for developing exciting activities to keep children engaged in therapy sessions for long periods of time this book enhances the resources available to therapists Understanding the needs of practicing professionals the Third Edition also boasts more than 450 images to better illustrate the activities saving busy practitioners time by allowing them to focus on the treatment at hand 1001 Pediatric Treatment Activities is intended to be a quick and simple reference handbook for pediatric clinicians looking for new ideas for a therapy session Easily skimmed by chapter and section the updated and revised Third Edition adds to the professional s working knowledge and access to treatment activity ideas in a wide range of areas New to the Third Edition Dozens of new fun and engaging activities Full color images and additional pictures throughout to support and help explain the various activities Current evidence based on today s research added to each chapter introduction Chapter on handwriting and an appendix on teletherapy An up to date list of therapeutic apps 1001 Pediatric Treatment Activities Third Edition covers treatment areas that are typically addressed in pediatric therapy and includes sections on sensory integration visual system hand skills body strengthening and stabilizing cognitive and higher level skill building social skills and improving gait patterns Chapters include Teletherapy Activities Group Activities Seasonally Themed Projects and Activities Pressure Modulation Increasing Social Interaction and Relatedness Finger Individuation Open Webspace Fine Motor Skills Pinch Grasp Manipulation Hand Strengthening 1001 Pediatric Treatment Activities Third Edition is a practical guide for anyone in the field of pediatric therapy and belongs on the bookshelves of students and practitioners alike

**Orthopaedic Rehabilitation of the Athlete** Bruce Reider,George Davies,Matthew T Provencher,2014-12-15 Prevent athletic injuries and promote optimal recovery with the evidence based guidelines and protocols inside Orthopaedic Rehabilitation of the Athlete Practical expert guidance a templated user friendly format make this rehab reference ideal for any practitioner working with athletes Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Apply targeted evidence based strategies for all internationally popular athletic activities including those enjoyed by older adults Ensure optimal care from injury prevention through follow up 2 years post injury Make safe recommendations for non chemical performance enhancement

**Occupation Centred Practice with Children** Sylvia Rodger,2013-05-20 This book draws on contemporary occupational therapy theory and research to provide occupational therapy students and clinicians with a practical resource on implementing occupation centred practice with children Each chapter has specific objectives and uses case studies to demonstrate the clinical realities and applications of each of the topics addressed Best practice guidelines are provided along with a summary of recommendations drawn from the relevant theories occupational therapy philosophy and existing

research The book aims specifically to be practice based *Pocket Guide to Treatment in Occupational Therapy* Franklin Stein, Becky Roose, 2000 This text is a practical guide to the treatment of the most common disabilities encountered by occupational therapists enabling students to identify treatment techniques and strategies that are relevant and appropriate The treatment suggestions are pragmatic and user friendly serving as the initial step and a quick reference for planning treatment The text is organized around the major disabilities physical psychosocial geriatric and pediatric diagnoses Brief descriptions of the treatment techniques therapists use and definitions of terms relevant to treatment are included The treatment suggestions are based on real life clinical experiences and the philosophy of good treatment is clearly stated and focused upon in the course of treatment Keywords Occupational Therapy Occupational Therapist OT Treatment

Orthopaedic Examination, Evaluation, and Intervention Mark Dutton, 2008-02-24 A complete evidence based guide to orthopaedic evaluation and treatment Acclaimed in its first edition this one of a kind well illustrated resource delivers a vital evidence based look at orthopaedics in a single volume It is the ultimate source of orthopaedic examination evaluation and interventions distinguished by its multidisciplinary approach to PT practice Turn to any page and you will find the consistent unified voice of a single author a prominent practicing therapist who delivers step by step guidance on the examination of each joint and region This in depth coverage leads clinicians logically through systems review and differential diagnosis aided by decision making algorithms for each joint It's all here everything from concise summaries of functional anatomy and biomechanics to an unmatched overview of the musculoskeletal and nervous systems Orthopaedic Examination, Evaluation & Intervention Mark Dutton, 2004-04-16 The most comprehensive text for the core orthopaedics course required in all physical therapy programs Includes all of the necessary information to provide a high level of care to patients with any musculoskeletal dysfunction by integrating anatomy and biomechanics with treatment strategies Features case studies extensive illustrations and guidelines from the American Physical Therapy Association APTA which are integrated throughout

**Sports Injury Management** Marcia K. Anderson, Susan Jean Hall, 1995 **The American Journal of Occupational Therapy**, 1992 Creative Forecasting, 1992 EBOOK Brukner & Khan's Clinical Sports Medicine, Revised Peter Brukner, Karim Khan, Jill Cook, Ann Cools, Kay Crossley, Mark Hutchinson, Paul McCrory, Roald Bahr, Ben Clarsen, 2017-01-01 EBOOK CLINICAL SPORTS MEDICINE 5TH EDITION Volume 1 INJURIES A striking feature of Clinical Sports Medicine has always been the authors' relentless commitment to clinical This is a unique book Dr Emma K Stokes President World Confederation for Physical Therapy EDITORS PETER BRUKNER BEN CLARSEN JILL COOK ANN COOLS KAY CROSSLEY MARK HUTCHINSON PAUL MCCRORY ROALD BAHR KARIM KHAN Brukner Khan's Clinical Sports Medicine the world leading title in sport and exercise medicine is an authoritative and practical guide to physiotherapy and musculoskeletal medicine for clinicians and students To accommodate the rapid advances in the professions the fifth edition has been expanded into two volumes This first volume Clinical Sports Medicine Injuries is the essential guide to all aspects of

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**Occupational Therapy Treatment Goals for the Physically and Cognitively Disabled** Claudia Kay Allen, Catherine A. Earhart, Tina Blue, 1992 Helps therapists predict the rehabilitation potential for clients with physical and cognitive disabilities Expands the 6 cognitive levels to 52 modes of performance with specific and practical treatment goals for each Case studies illustrate the application of knowledge in various age groups diagnostic categories socioeconomic conditions and cultures

**Orthopaedic Physical Therapy** Michael J. Wooden, 2001 This comprehensive textbook of musculoskeletal rehabilitation features discussion of both conservative and post surgical rehabilitation

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**Writing Goals & Objectives in School-based Practice** DeLana Honaker, 2003

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manufacturers and products and devices by states Each entry gives name brief description address of manufacturer and a word indicating purpose e g maintenance     The Hughston Clinic Sports Medicine Book Champ L. Baker,1995

Functional Rehabilitation in Orthopaedics Trudy Sandler Goldstein,1995 This book shows the clinician how to apply the newest concepts of functional restoration that have been so successful in sports medicine and industrial medicine to the average orthopaedic patient Functional assessment activity analysis documentation and the implementation of a functional rehabilitation program are included     **Rehabilitation of the Hand** James Megargee Hunter,1989-12-31

Musculoskeletal Interventions: Techniques for Therapeutic Exercise, Fourth Edition Barbara J. Hoogenboom,Michael L. Voight,William E. Prentice,2021-05-06 The definitive resource for designing and implementing evidence based rehabilitation programs using therapeutic exercise Written and edited by top experts in their fields Musculoskeletal Interventions provides the rehabilitation techniques strategies and considerations you need to effectively treat patients of all ages abilities and functional levels With expanded coverage of movement systems along with clinical pearls and hundreds of illustrations this edition has been fully revised to reflect a contemporary movement system approach patient care It focuses on the practical application of theory in a clinical setting making it ideal for students and experienced physical therapists alike Designed to make finding what you need quickly and easily Musculoskeletal Interventions is organized into five sections Foundations of the Rehabilitation Process Introduces the human movement system the Guide to Physical Therapist Practice and the clinical reasoning process Provides grounding on tissue healing the Neuromuscular Scan Examination pain posture and function Treating Physiologic Impairments During Rehabilitation Details general impairments that require attention throughout the rehabilitation process Covers muscle performance endurance and aerobic capacity mobility range of motion and neuromuscular control Tools of Rehabilitation Explains how to achieve optimal outcomes using various tools including plyometric exercise open and closed kinetic chain interventions proprioceptive neuromuscular facilitation techniques joint mobilization postural stability and balance interventions core stabilization training aquatic therapy functional movement screening and more Interventions Strategies for Specific Regions Describes applications of techniques and interventions related to common movement based overuse traumatic and postoperative musculoskeletal dysfunction Provides guidance on conditions common to the shoulder complex elbow wrist hand digits groin hip thigh knee lower leg ankle foot and spine Discusses pathomechanics and injury mechanisms while focusing on rehabilitation strategies and concerns for specific injuries and providing example protocols Special Considerations for Specific Patient Populations Provides application of all previous intervention strategies and how these may need to be selected adapted and utilized for geriatric patients pediatric patient and physically active females Musculoskeletal Interventions is filled with features that help you understand and retain critical information Learning aids include objectives tables clinical pearls figures video links summary points chapter ending treatment guidelines and references     **Musculoskeletal Trauma** U. Bergmann,1987 Comprehensive guide to both

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