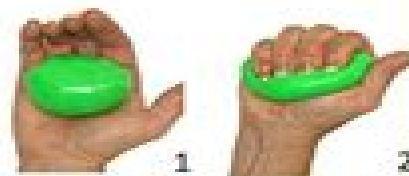


HOW TO USE THE PUTTY

HAND FLEXION

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



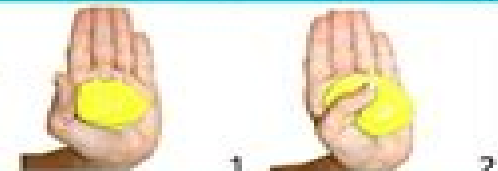
FINGER EXTENSION

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 resistance is controlled by the 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.



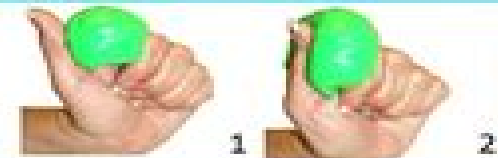
FINGER GRIP

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.



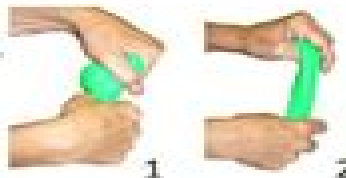
SCISSOR SPREAD

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



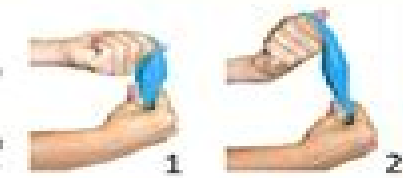
WRIST EXTENSION

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.



Theraputty Exercises Putty

M Tight



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The Out-of-Sync Child Has Fun, Revised Edition Carol Stock Kranowitz, 2006-08-01 The first accessible guide to examine Sensory Processing Disorder The Out of Sync Child touched the hearts and lives of thousands of families Carol Stock Kranowitz continues her significant work with this companion volume which presents more than one hundred playful activities specially designed for kids with SPD Each activity in this inspiring and practical book is SAFE Sensory motor Appropriate Fun and Easy to help develop and organize a child's brain and body Whether your child faces challenges with touch balance movement body position vision hearing smell and taste motor planning or other sensory problems this book presents lively and engaging ways to bring fun and play to everyday situations This revised edition includes new activities along with updated information on which activities are most appropriate for children with coexisting conditions including Asperger's and autism and more

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

Rehabilitation for Nerve Transfers of the Upper Extremity Lorna C. Kahn, Macyn M. Stonner, Christopher J. Dy, 2025-11-17 Nerve transfers are increasingly utilized in the treatment of brachial plexus and peripheral nerve injuries Despite the increase in surgeon interest in these techniques and the critical need for appropriate postoperative therapy there is a lack of standardized rehabilitation protocols This

unique book hopes to bridge this gap by presenting principles of nerve transfer rehabilitation including timing and concepts for synergism and donor activation as well as specific protocols for common nerve transfers Part 1 provides an overview of nerve transfer surgery the role of cortical reorganization the psychosocial impact of brachial plexus injuries as well as the principles of rehabilitation after nerve transfers The principles emphasize motor re education cortical plasticity and key concepts of recipient muscle recovery Part 2 covers specific rehabilitation guidelines for 22 common nerve transfers of the upper extremity which aim to maximize recovery of function in the shoulder elbow wrist and hand These include but are not limited to the Oberlin transfer triceps to axillary nerve transfer spinal accessory to suprascapular nerve transfer intercostal nerve transfers median to radial nerve transfers and distal anterior interosseous nerve to ulnar motor transfer This book serves as a clinical manual that includes tables figures and photos to help explain concepts and demonstrate rehabilitation exercises This book will be useful for a broad range of clinicians and specialists including occupational and physical therapists hand therapists orthopedic and plastic surgeons hand and elbow surgeons neurosurgeons neurologists and physical medicine and rehabilitation specialists

Helping Righties Become Lefties Steven Ross, 2021-08-27 What if you could train your left hand to be as good as your right Some of you may have suffered a hand or wrist injury like me Some of you may have an arm in a sling or cast Some of you may have a more permanent disability This book is about training your non dominant hand If you are righthanded like me you are a member of 90% of the population But virtually everything I share applies to you if you are lefthanded I found these unexpected benefits in training my left hand Increased dexterity Increased strength Increased coordination Increased concentration Studies have shown that training one hand also causes the untrained hand to grow more proficient As one study said Physical practice with one hand results in performance gains of the other un practiced hand Today many people suffer from injuries like carpal tunnel syndrome tendonitis and repetitive strain injury Training the off hand can act like an insurance policy against some of these problems I found training the left hand to be a kind of meditation Even after I could print and write with my left hand I sometimes practiced writing to relax at the end of a busy day This brief guide can get your journey underway

Resistance Training Exercises Marina Aagaard, 2010-11-07 The most comprehensive compilation of resistance training exercises available Over 500 exercises with bodyweight dumbbells barbells tubes bands and balls For one on one partner and group strength training at all levels for novices beginners intermediate and advanced exercisers and Olympic athletes With more than 1000 photos and step by step text on proper exercise technique Basic posture starting position and safety precautions are explained in detail The book includes basic intermediate and advanced exercises from top to toe from inner unit to outer unit for optimal health fitness and performance and enjoyable time efficient workouts Including a comprehensive partner exercise section Resistance Training Exercises a Scandinavian bestseller is a valuable reference book for any coach trainer physical exercise leader personal trainer fitness instructor group exercise instructor physiotherapist and PE teacher as well as exercisers at all levels

The Visual-Perceptual-Motor Activities Collection Rhoda P. Erhardt, MS/OTR/L, FAOTA, 2011-01-01 Version 1 0
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 Incorporating step by step progressions Describing methods and teaching techniques Offering suggestions for verbal and
 manual instructions Guiding and modifying treatment planning Documenting the child s daily progress **Pocket Guide to
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 step and a quick reference for planning treatment The text is organized around the major disabilities physical psychosocial
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 good treatment is clearly stated and focused upon in the course of treatment Keywords Occupational Therapy Occupational
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 this reference is ideal for use at the point of care It covers common medical conditions of the hand discussing both surgical
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 complications are addressed Reflecting the collaborative nature of current practice each chapter is written by a hand
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Special Issue on the SIPT ,1990 **Pediatric Rheumatic Diseases** Virginia Wright,2000 Occupational therapists who work with adults with neurological problems must be able to appropriately and quickly use a variety of screening methods to pinpoint deficit areas and assess how these have impaired the person s daily life function This comprehensive book compiles the most common occupational therapy screening methods used with adults with neurological conditions Presented as a step by step instruction manual the book includes copies of all screens and is presented in an easy to use format that facilitates its use in the clinic and in home health and community based settings It is also an ideal text for students clearly outlining how to administer neurological screens in occupational therapy practice Extensive use of photographs enhances the instructions and clearly shows practitioners how to use the various techniques Book jacket

RPG Rehab Purchasing Guide ,1983 **The Medical Disability Advisor** Presley Reed,2001 **Physical Therapy** ,1987-07 *Orthopaedic Physical Therapy* Robert Donatelli,Michael J. Wooden,1994 Covers a range of orthopaedic topics emphasizing patient cases evaluation and treatment Now in its second edition this text includes new chapters on lumbar rotational mobilization soft tissue mobilization and orthopaedic problems in the neurologic patient

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