

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.



Theraputty Exercises For Home Programs

Guillaume Favre

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Table of Contents Theraputty Exercises For Home Programs

1. Understanding the eBook Theraputty Exercises For Home Programs
 - The Rise of Digital Reading Theraputty Exercises For Home Programs
 - Advantages of eBooks Over Traditional Books
2. Identifying Theraputty Exercises For Home Programs
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Theraputty Exercises For Home Programs
 - User-Friendly Interface
4. Exploring eBook Recommendations from Theraputty Exercises For Home Programs
 - Personalized Recommendations
 - Theraputty Exercises For Home Programs User Reviews and Ratings
 - Theraputty Exercises For Home Programs and Bestseller Lists
5. Accessing Theraputty Exercises For Home Programs Free and Paid eBooks
 - Theraputty Exercises For Home Programs Public Domain eBooks

- Theraputty Exercises For Home Programs eBook Subscription Services
- Theraputty Exercises For Home Programs Budget-Friendly Options
- 6. Navigating Theraputty Exercises For Home Programs eBook Formats
 - ePub, PDF, MOBI, and More
 - Theraputty Exercises For Home Programs Compatibility with Devices
 - Theraputty Exercises For Home Programs Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Theraputty Exercises For Home Programs
 - Highlighting and Note-Taking Theraputty Exercises For Home Programs
 - Interactive Elements Theraputty Exercises For Home Programs
- 8. Staying Engaged with Theraputty Exercises For Home Programs
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Theraputty Exercises For Home Programs
- 9. Balancing eBooks and Physical Books Theraputty Exercises For Home Programs
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Theraputty Exercises For Home Programs
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Theraputty Exercises For Home Programs
 - Setting Reading Goals Theraputty Exercises For Home Programs
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Theraputty Exercises For Home Programs
 - Fact-Checking eBook Content of Theraputty Exercises For Home Programs
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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