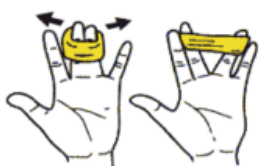


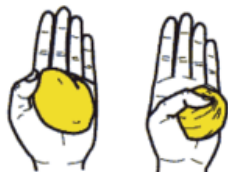
Putty Hand Strengthening Exercises

Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

Three Jaw Chuck Pinch



Using your thumb, index and middle finger, pull Thinking Putty upwards.

Finger Hook



Create a hook as you press your fingers into the Thinking Putty.

Full Grip



Make a fist while squeezing your fingers into the Thinking Putty.

Finger Pinch



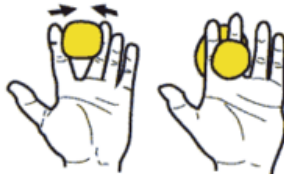
Pinch the Thinking Putty between each finger and your thumb.

Finger Extension



Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.

Resource: <http://blog.codinghorror.com/programming-your-hands/9/24/15>

