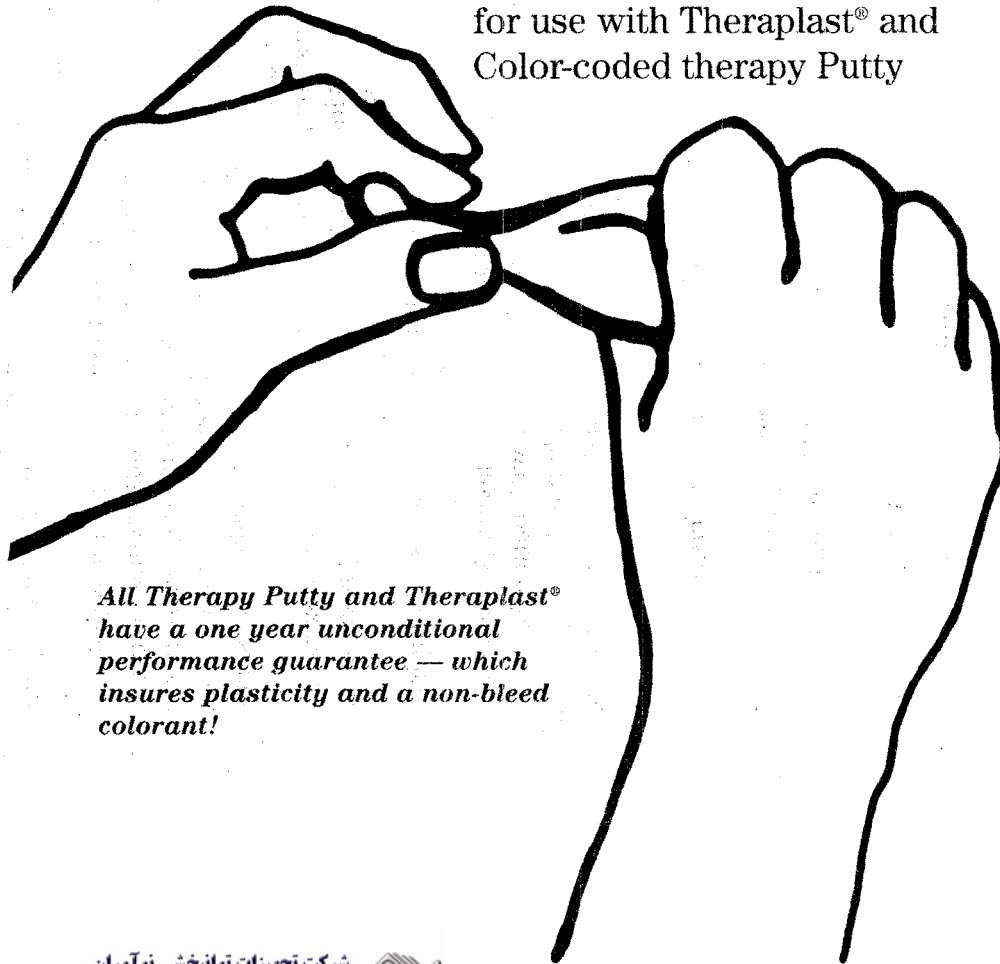


Exercises & Information

for use with Theraplast® and
Color-coded therapy Putty



*All Therapy Putty and Theraplast®
have a one year unconditional
performance guarantee — which
insures plasticity and a non-bleed
colorant!*

شرکت تجهیزات توانبخشی نوآوران
فیزیوتراپی، کاردرمانی و گفتاردرمانی



مدیر عامل: بابک رستمی

تهران، میدان تومید، نصرت غربی،
نرسیده به بهبودی، اول سنگايش،
تلفن: ۰۲۸۷۱۰-۱۲
فکس: ۰۲۸۰۴۶
همراه: ۰۹۱۲۱۱۴۹۱۷۵
مهنب اتومبیل رتوفی، پلاک ۲، وامد۲

www.ptot.ir info@ptot.ir ptotir@yahoo.com

NOAVARAN CO., LTD

Producer and Importer of Rehabilitation Equipment

Physical Therapy, Occupational Therapy, Speech Therapy

Headline Office Telephone Numbers: +98-21-66 50 35 77-66 52 54 77-66 52 09 18

Fax Number: +98-21-66 50 35 77 Mobil Number: +98-912-114 91 75

4th Floor, No 407, Shadmeher st, Sattakhan st, Tehran, Iran P.O.Box:14 565/174 Tehran Iran



All the putties can be mixed with one another. By blending together in varying proportions, resistance is altered. The colors are different after blending and are easily identifiable from the basic colors. Individual exercise programs can be color-coded with the basic colors or with blends.

When a hand strengthening program is prescribed and a baseline performance established by an appropriate evaluation, have the patient test each putty with a squeeze to find the putty that gives challenge, not pain.

The level of resistance should not exceed post-surgical protocol. Treatment example: if a client finds regular colored putty comfortable but cannot do all the necessary exercises, a small amount of yellow putty could be added. The putty would then be orange. As the patient requires more resistance, small amounts of green or blue could be added.

Each time the putty is blended the therapist may reserve a portion to provide visual feedback of the patient's progress as well as a guideline for ensuing sessions.

Not all exercises are appropriate for all patients. Therapist discretion is advised.

Care was taken to word the exercises in layman's terms so the therapist may use this booklet readily with patient's.

Most of the exercises in this booklet relate to finger, hand and wrist. Therapy Putty can be used for resistive exercises for the shoulder and elbow (see page 11).

Therapy Putty Consistency Scale

Firm
↑
↓
Soft

Blue (5073 Series)

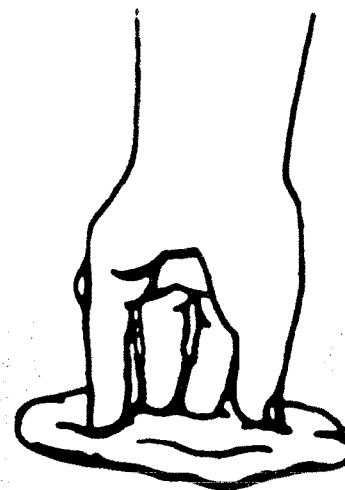
Green (5072 Series)

Red (5071-99 Series)

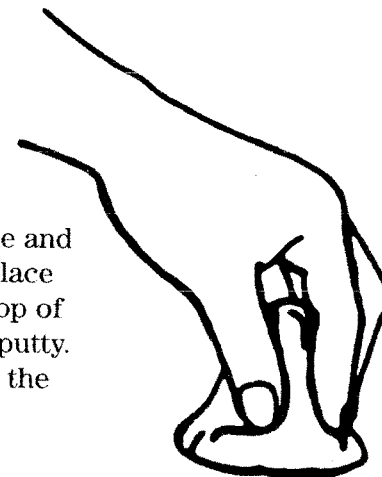
Yellow (5071 Series)

Note: Do not allow putty to come in contact with rugs, fabric, hair or furs for any length of time, as once it penetrates the fibers it is very difficult to remove. Careful application of 95% isopropyl alcohol with repeated blotting and brushing may be tried. As with all stain removal, check the colorfastness and resistance to fiber damage prior to applying to an exposed area of the material. See back cover for details.

Gross Opposition



1. Shape the putty into a pancake and stick it to a flat surface. Place fingers and thumb lightly on the edge of the pancake. Draw them together toward the center.



2. Shape the putty into a cone and stick base to a flat surface. Place fingers and thumb over the top of the cone and lightly into the putty. Pull up on the cone, bringing the thumb and fingers together.

Gross Finger Flexion



Make a roll of putty and place it in the palm of the hand. Bend fingers around it, making a fist.

شرکت تجهیزات توانبخشی نوآوران
فیزیوتراپی، کاردرمانی و گفتاردرمانی

مدیر عامل: بابک رستمی

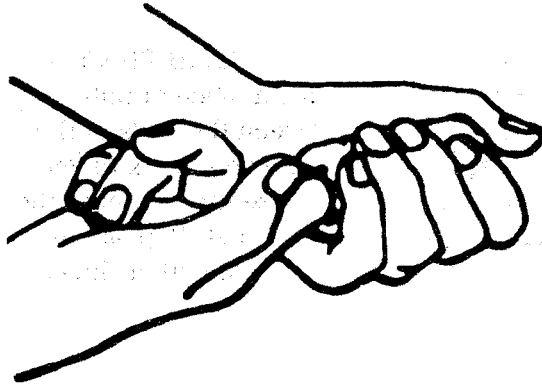
تلفن: ۰۲۱-۸۸۷۱۰۱۲
فکس: ۰۲۱-۸۸۰۱۴۶
همراه: ۰۹۱۲۱۱۴۹۱۷۵

تهران - میدان تومید - ناصرت غربی،
درسیده به بهودی - اول ستایش،
جنب الومیل زلوفی، پلاک ۲، واحد ۱

www.ptot.ir info@ptot.ir ptotir@yahoo.com

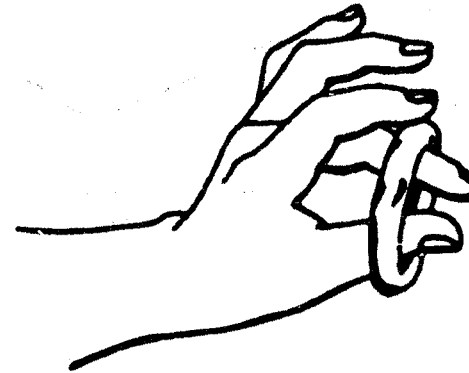
Individual Finger Flexion

Wrap a sheet of putty around one finger, like a bun around a hot dog. Bend the finger through the putty, trying to touch the palm.

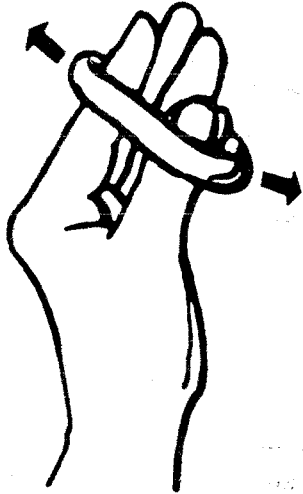


Individual Finger Extension

Make a small coil of putty and fasten the ends together to form a doughnut. Place the desired finger and thumb inside the doughnut. Stretch the desired finger away from the thumb. The thumb can be stabilized against a table top.



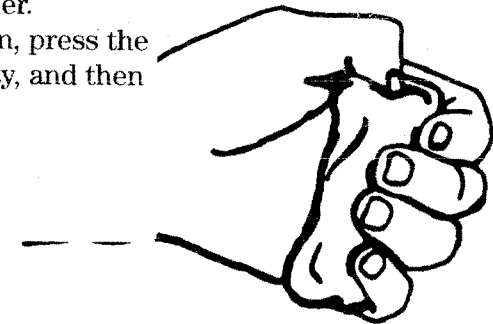
Gross Finger Extension



1. Make a tube of putty and fasten ends together to form a doughnut. Place thumb and fingers in the hole and stretch fingers outward against the putty.

Thumb Flexion and Extension

Shape putty into a cylinder. With hand in mid-position, press the thumb deep into the putty, and then lift it out slowly.



شرکت تجهیزات توانبخشی نوآوران
فیزیوتراپی، کاردرمانی و گفتاردرمانی

مدیر عامل: بابک رستمی

تلفن: ۶۶۰۲۸۷۱۰-۱۲
فکس: ۶۶۰۲۸۰۴۶
همراه: ۰۹۱۲۱۱۴۹۱۷۵

تهران، میدان تومید، نمرت غربی،
لرسیده به بهبودی، اول ستایش،
مکتب اتومبیل زلوفی، پلاک ۲، وامد

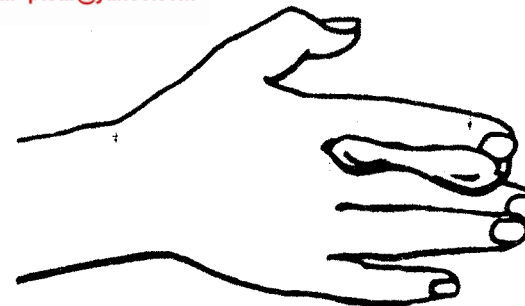
www.ptot.ir info@ptot.ir ptotir@yahoo.com

2. Place the putty on a table. Lay hand palm side down with fingers curled into the putty. Press finger tips into the putty and push putty away while uncurling fingers.



Thumb and Finger Abduction

Place a piece of putty between two fingers or thumb and index finger and squeeze through until the digits meet.

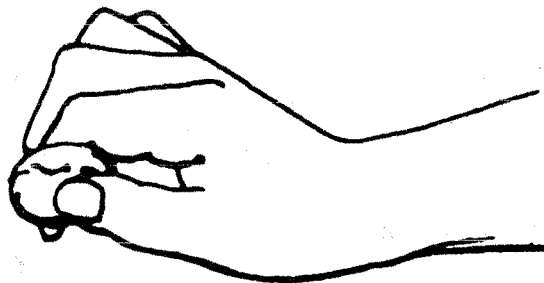


Opposition



1. Individual Pinch — Place a piece of putty between the pads of the thumb and index finger. Squeeze through until the digits meet. Repeat with each of the other fingers.

2. Lateral Pinch — Place a ball of putty between the side of the index finger and the pad of the thumb. Squeeze through until the digits meet.



3. Three-Jaw Chuck Pinch — Place a roll of putty between the thumb and the pads of the index and middle fingers, making a triangle. Squeeze through until digits meet.

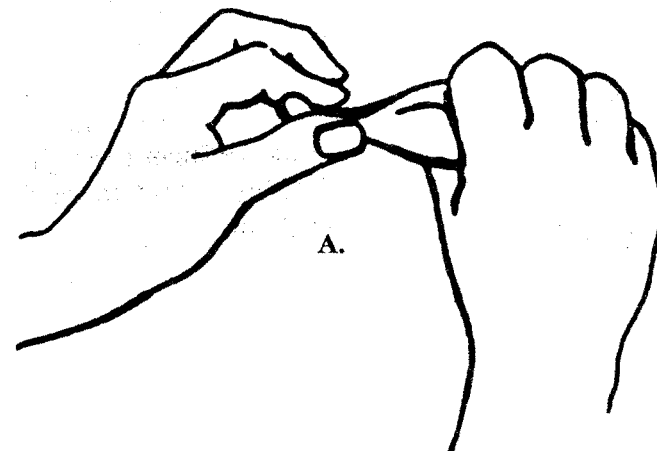
شرکت تجهیزات توانبخشی نوآوران
فیزیوتراپی، کاردرمانی و گفتاردرمانی



مدیر عامل: بابک رستمی

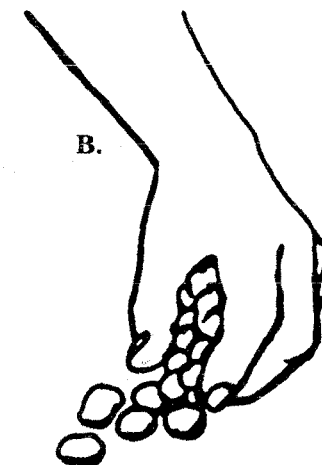
تلفن: ۰۲۸۷۱۰۰۱۲
فکس: ۰۲۸۰۴۶
همراه: ۰۹۱۲۱۱۴۹۱۷۵

تهران، میدان تومید، نصرت غربی،
نرسیده به بهبودی، اول ستایش،
جنب اتومبیل رفوفی، پلاک ۲، واحد ۲



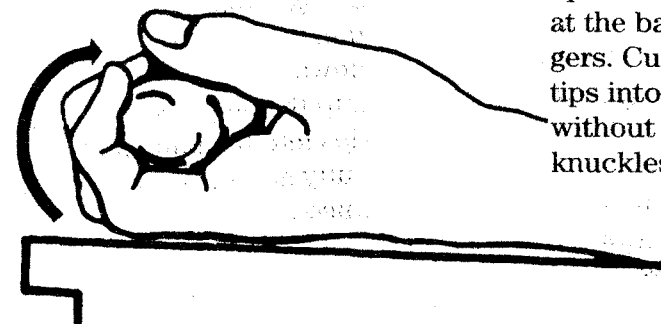
4. Pad-to-Pad Pinch — Hold bulk of putty in one hand. Make a cone. With thumb and finger pads pinch off small pieces of putty by twisting and pinching at the narrow end of the cone. See illustration A.

Gather small pieces, and when finished, remold. See illustration B.



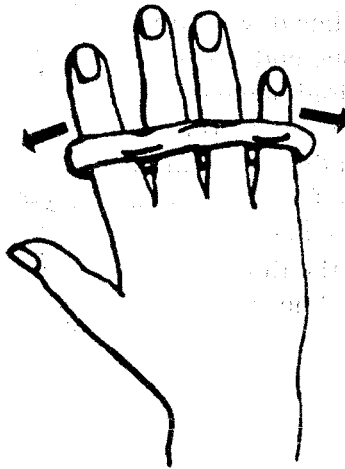
Intrinsic Stretch

Place arm on the table with the palm facing up. Put a roll of putty at the base of the fingers. Curl the fingertips into the putty without moving the big knuckles.

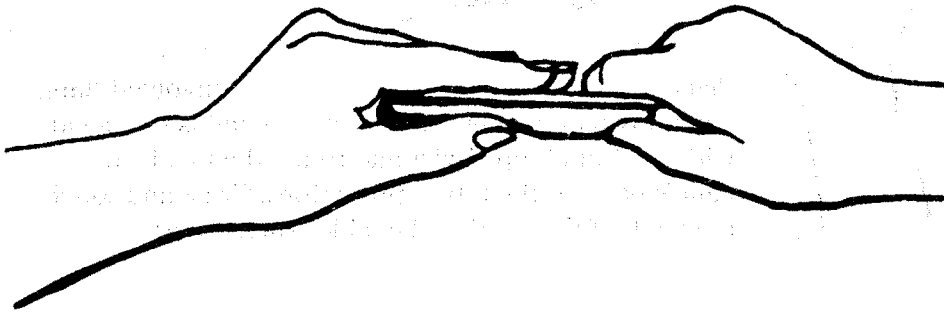


Finger Abduction

Place ring of putty around the four fingers at the middle joint. Spread fingers apart, sideways, against the putty.



Intrinsic Function



1. Place a thin piece of wood or plastic and the putty between the board and thumb. Squeeze, keeping the little knuckles straight and the big knuckles bent.

2. Hold this position while pulling the board and putty away with the other hand.

شرکت تجهیزات توانبخشی نوآوران
فیزیوتراپی، کاردرمانی و گفتاردرمانی

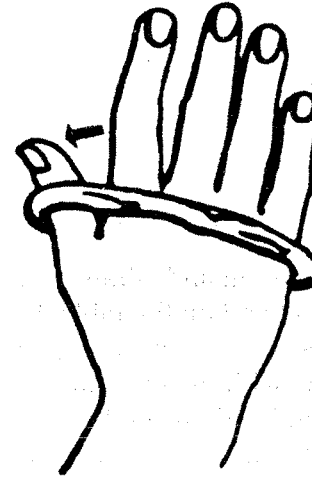
مدیر عامل: بابک رستمی

تلفن: ۰۲۸۷۱۰۱۲-۶۶
فکس: ۰۲۸۰۴۶-۶۶
همراه: ۰۹۱۳۱۱۴۹۱۷۵

تهران، میدان تومید، نصرت غربی،
نرسیده به بهبودی، اول سنگايش،
جنب اتومبیل رلوفی، پلاک ۲، وامد۲

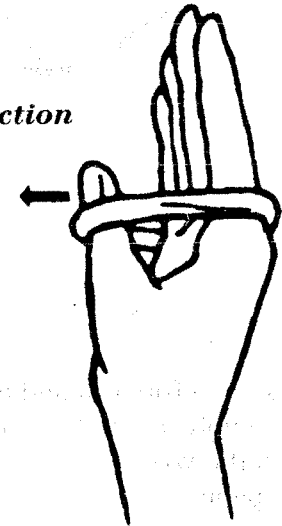
Thumb Radial Abduction

Place a ring of putty around the base of the fingers. Keep fingers straight and stretch thumb sideways away from the palm and against the putty.



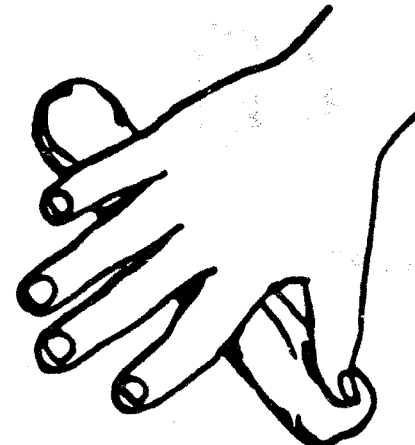
Thumb Palmar Abduction

Place a ring of putty around the base of the fingers. Keep fingers straight and stretch thumb sideways away from the palm and against the putty.

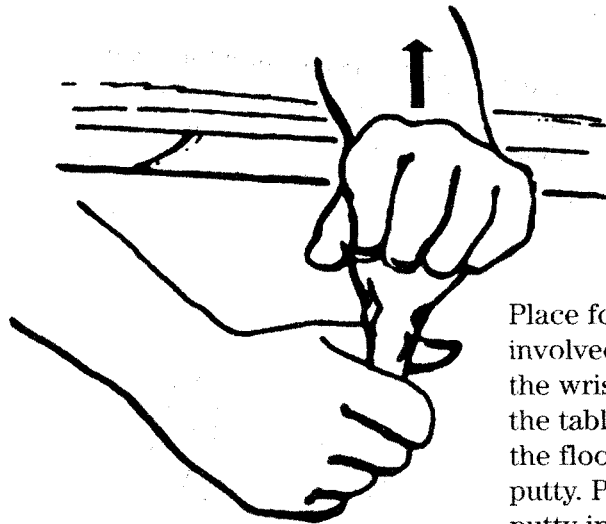


Gross Finger and Wrist Extension

Roll putty into a coil with a back and forth motion. Keep fingers and wrist stretching up while rolling gently.



Wrist Extension



Place forearm and elbow of the involved hand on the table. Let the wrist relax over the edge of the table with the palm facing the floor. Hold one end of the putty. Put the other end of the putty in the uninvolved hand that is beneath the table. Pull up on the putty with the involved wrist.

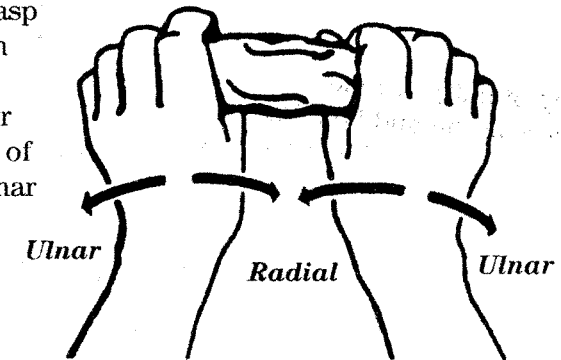
Wrist Flexion

Place the forearm and elbow of the involved hand on the table with the wrist over the edge and the palm facing up. Slip the putty through the ring and the middle finger and into the fist. Pull up on the putty with the involved wrist.



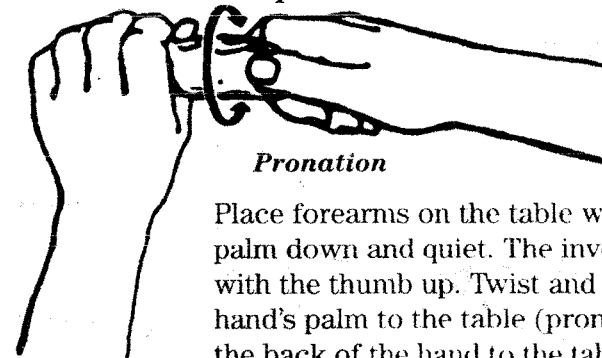
Ulnar and Radial Deviation

Place forearms on a table with palms down. Grasp putty, one end in each hand. Hold one hand steady while the other turns in the direction of the little finger for ulnar deviation and toward the thumb for radial deviation.



Pronation and Supination

Supination

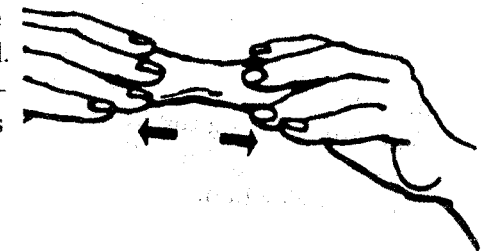


Pronation

Place forearms on the table with the uninvolved hand palm down and quiet. The involved hand is on its side with the thumb up. Twist and touch the involved hand's palm to the table (pronation). Twist and touch the back of the hand to the table (supination).

Horizontal Abduction

Hold arms in front of the body with elbows straight. Grasp one end of the putty with each hand. Pull arms and hands apart slowly, stretching the putty until it is thin.



شرکت تجهیزات توانبخشی نوآوران
فیزیوتراپی، کاردرمانی و گفتاردرمانی
مدیر عامل: بابک رستمی

تهران - میدان تومید - نهرت غربی،
رسیده به بهودن - اول سنگاپور،
کلب الومیل زوفی، پلاک ۲، واحد ۲
تلفن: ۰۲۱-۸۸۷۱۰۱۲
فکس: ۰۲۱-۸۸۰۱۴۷
همراه: ۰۹۱۲۱۱۴۹۱۷۵
www.ptot.ir info@ptot.ir ptotir@yahoo.com