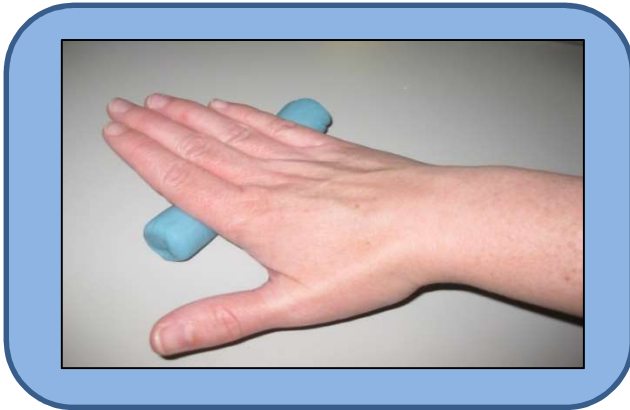
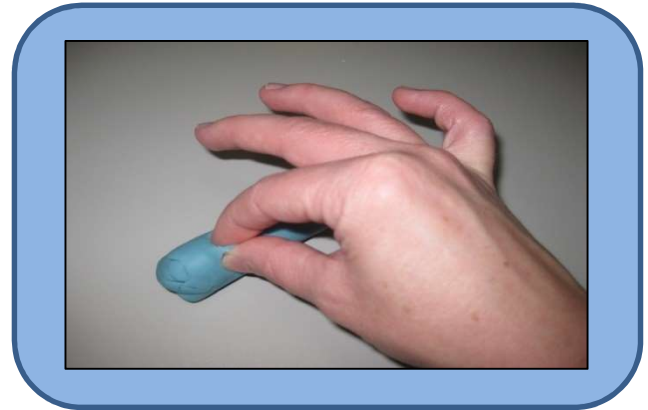


# EXERCISE PUTTY PROGRAMME

1. Rolling



2. Pinching with each finger



3. Ball using all fingers



4. Squash Ball



5. Small balls and squeeze together



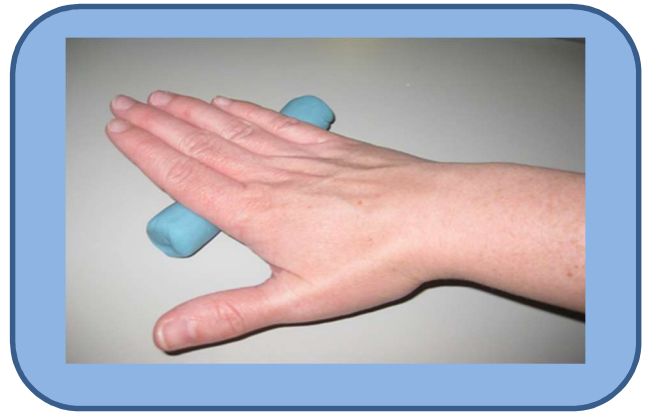
6. Small ball in palm – squeeze each finger



7. Squeeze through fingers



8. Roll again



9. Donut ring and push fingers outwards



10. Finish

**Squeeze together  
and return to  
tub!**

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