



EXERCISE PUTTY

Theraputty™
RESISTIVE HAND EXERCISE MATERIAL

color-coded resistive hand exercise material

Cando® Theraputty™ exercise material The standard in resistive hand exercise material. Each color-coded putty has a different consistency ranging from xx-soft for strengthening the weakest grasp to extra-firm for developing a stronger grip. Available in convenient easy-to-open plastic containers (2, 3, 4 and 6 ounce) for individual patients to use at home and a choice of larger containers (1, 5 and 50 pound) for the hospital or clinic.



	tan xx-soft	yellow x-soft	red soft	green medium	blue firm	black x-firm
2 oz.	10-0956	10-0900	10-0901	10-0902	10-0903	10-1466
3 oz.	10-0957	10-0967	10-0968	10-0969	10-0970	10-1467
4 oz.	10-0958	10-0905	10-0906	10-0907	10-0908	10-1468
6 oz.	10-0959	10-0910	10-0911	10-0912	10-0913	10-1469
1 lb.	10-0994	10-0918	10-0919	10-0920	10-0921	10-1470
5 lb.	10-0995	10-0923	10-0924	10-0925	10-0926	10-1471
50 lb.	10-1460	10-1461	10-1462	10-1463	10-1464	10-1473

sets of all 6 strengths

size	set of 6
2 oz.	10-1480
3 oz.	10-1481
4 oz.	10-1482
6 oz.	10-1483
1 lb.	10-1484
5 lb.	10-1485

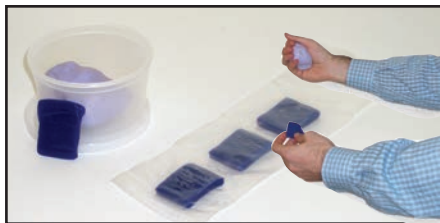


empty putty containers

10-0940	25	2 oz. containers
10-0948	25	3 oz. containers
10-0941	25	4 oz. containers
10-0942	25	6 oz. containers
10-0943	10	1 lb. containers
10-0944	10	5 lb. containers

specialty Cando® resistive exercise putties

Cando® variable strength putty



Achieve infinite levels of progressive resistance using only one putty. As grip strength increases, work pliable pellets into base putty to increase putty's resistance. 4 pellets are included in each pellet pack.

Base putty with pellet packs

- 10-2670 2½ oz. base putty, 1 pack
- 10-2671 1 lb. base putty, 6 packs
- 10-2672 5 lb. base putty, 32 packs

Base putty only

- 10-2680 2½ oz. base putty
- 10-2681 1 lb. base putty
- 10-2682 5 lb. base putty

Pellet packs (4 pellets per pack)

- 10-2690 1 pellet pack

Cando® microwavable putty



New formula allows you to warm exercise putty in a microwave. Use warmed putty to perform soothing hand exercises.

orange soft	blue firm		
10-2710	10-2720	2 oz.	56 gm
10-2711	10-2721	3 oz.	85 gm
10-2712	10-2722	4 oz.	112 gm
10-2713	10-2723	6 oz.	168 gm
10-2714	10-2724	1 lb.	454 gm
10-2715	10-2725	5 lb.	2270 gm

Children First Putty Formulas



Cando® glitter Theraputty™

Glitter Theraputty™ sparkles! Hand therapy becomes not only therapeutic, but visually stimulating.

	yellow x-soft	red soft
2 oz.	10-2764	10-2765
1 lb.	10-2774	10-2775
5 lb.	10-2784	10-2785

Cando® scented Theraputty™

Scented Theraputty™ makes hand therapy more pleasant for youngsters. Using scented putty is a fun way for children to develop grip strength and stay attentive and participate in physical therapy. Tan (**vanilla**) is xx-soft, yellow (**banana**) is x-soft, red (**cherry**) is soft, green (**apple**) is medium.



	tan vanilla xx-soft	yellow banana x-soft	red cherry soft	green apple medium
2 oz.	10-2760	10-2761	10-2762	10-2763
1 lb.	10-2770	10-2771	10-2772	10-2773
5 lb.	10-2780	10-2781	10-2782	10-2783

complete sets of all 4 fragrances

10-2795 2 oz | 10-2796 1lb | 10-2797 5lb

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EXERCISE PUTTY



EXERCISES

Below are a few exercises that are possible with putty. Using a higher level resistance putty, larger quantity of putty, and/or increasing number of repetitions will make exercise more challenging. Putty can also be used to exercise toes!

Levels of resistance from easiest to most difficult:
Tan - Yellow - Red - Green - Blue - Black

WARNING
Therapy routines should be determined by a doctor, therapist, coach, or trainer.

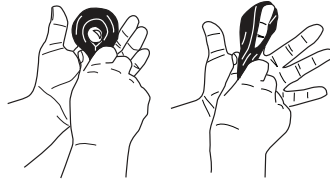
HAND FLEXION

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 repeat process.



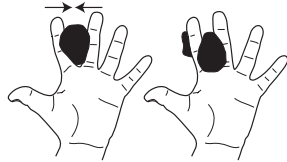
FINGER EXTENSION

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.



FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Reshape putty and repeat.



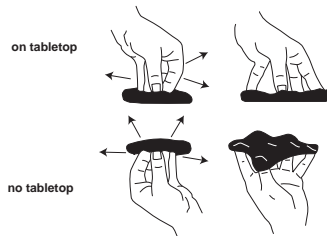
FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



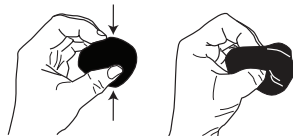
FINGER SPREAD

Form putty into a pancake shape. Place on table or mold over finger tips while fingers are bunched together. Try to spread fingers apart.



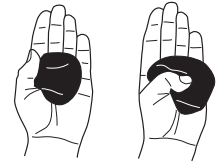
FINGER PINCH

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.



THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Reshape 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.



THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



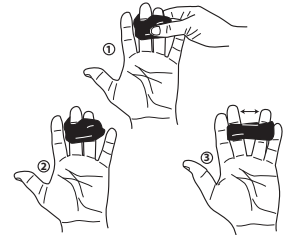
THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



SCISSOR SPREAD

Wrap putty around tops of two fingers while they are together (steps 1 and 2). Spread fingers apart (step 3).



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