

Therapy Putty

McKesson therapy putty is designed to increase flexibility, improve strength, prevent stiffness, decrease stress and relieve joint pain in your fingers, hands, wrists and forearms. Stretch, squeeze, twist, or pinch McKesson therapy putty using a variety of different hand, finger and wrist exercises. See the following pages for examples of therapy putty exercises. McKesson therapy putty is available in convenient, easy-to-open plastic containers (2- and 4-ounce) for individual patients to use at home and also in larger containers (1- and 5-pound) for clinics and rehabilitation facilities.

Features and Benefits

- Great for grip strength exercises
- Made with high quality silicone polymer and is gluten-, latex-, nuts-, egg- and soy-free
- Putty is non-toxic and unscented
- Gradually increase hand and grip strength with six distinct levels of therapy putty
- Therapy putty is color-coded by resistance level for additional convenience
- Not made with natural rubber latex



Satisfaction Guaranteed

If you are not completely satisfied with any McKesson Brands product, you may return it for a full refund or credit.

Never Compromise on CareSM

With McKesson Brands, you'll never have to compromise. We deliver quality products at competitive prices, backed by our 100% satisfaction guarantee. We have decades of experience in the market, and we offer you support and work to help ensure you have the products you need, when you need them—making it even easier for you to provide the best care for your patients.

The product information contained in this document, including the product images and additional product materials, was collected from various supplier sources. All product claims and specifications are those of the product suppliers and have not been independently verified by McKesson Medical-Surgical or its affiliates ("McKesson"). McKesson is not responsible for errors or omissions in the product information.

The properties of a product may change or be inaccurate following the posting or printing of the product information in the document, either in the print or online version. Caution should be exercised when using or purchasing any products from McKesson's online or print documents by closely examining the product packaging and the labeling prior to use.

Due to product changes, information listed in this document is subject to change without notice. This information is placed solely for your convenience in ordering and McKesson disclaims all responsibility for its completeness and accuracy, whether or not the inaccuracy or incompleteness is due to fault or error by McKesson.

Therapy Putty Exercises

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.



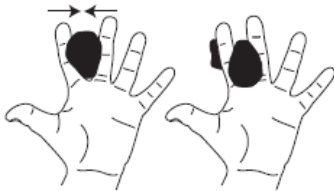
Finger Flexion

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.



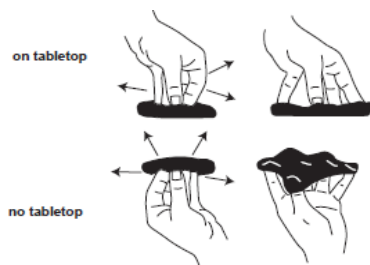
Finger Grip

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



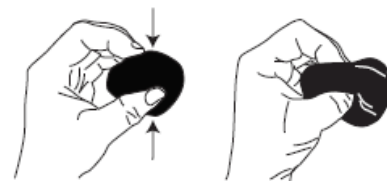
Finger Spread

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



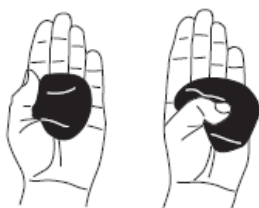
Finger Pinch

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.



Therapy Putty Exercises

Thumb Pinch

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



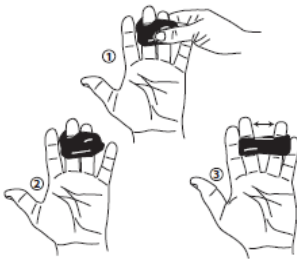
Thumb Adduction

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).



ORDERING INFORMATION

MFR #	DESCRIPTION	RESISTANCE LEVEL	COLOR	QTY
169-10-0956	Therapy Putty, 2 oz	XX-Soft	Brown	1 ea, 100 ea/cs
169-10-0900	Therapy Putty, 2 oz	X-Soft	Yellow	1 ea, 100 ea/cs
169-10-0901	Therapy Putty, 2 oz	Soft	Pink	1 ea, 100 ea/cs
169-10-0902	Therapy Putty, 2 oz	Medium	Green	1 ea, 100 ea/cs
169-10-0903	Therapy Putty, 2 oz	Firm	Blue	1 ea, 100 ea/cs
169-10-1466	Therapy Putty, 2 oz	X-Firm	Black	1 ea, 100 ea/cs
169-10-0958	Therapy Putty, 4 oz	XX-Soft	Brown	1 ea, 48 ea/cs
169-10-0905	Therapy Putty, 4 oz	X-Soft	Yellow	1 ea, 48 ea/cs
169-10-0906	Therapy Putty, 4 oz	Soft	Pink	1 ea, 48 ea/cs
169-10-0907	Therapy Putty, 4 oz	Medium	Green	1 ea, 48 ea/cs
169-10-0908	Therapy Putty, 4 oz	Firm	Blue	1 ea, 48 ea/cs
169-10-1468	Therapy Putty, 4 oz	X-Firm	Black	1 ea, 48 ea/cs
169-10-0994	Therapy Putty, 1 lb	XX-Soft	Brown	1 ea, 24 ea/cs
169-10-0918	Therapy Putty, 1 lb	X-Soft	Yellow	1 ea, 24 ea/cs

ORDERING INFORMATION

MFR #	DESCRIPTION	RESISTANCE LEVEL	COLOR	QTY
169-10-0919	Therapy Putty, 1 lb	Soft	Red	1 ea, 24 ea/cs
169-10-0920	Therapy Putty, 1 lb	Medium	Green	1 ea, 24 ea/cs
169-10-0921	Therapy Putty, 1 lb	Firm	Blue	1 ea, 24 ea/cs
169-10-1470	Therapy Putty, 1 lb	X-Firm	Black	1 ea, 24 ea/cs
169-10-0995	Therapy Putty, 5 lb Progressive Resistance Exercise	XX-Soft	Brown	1 ea, 4 ea/cs
169-10-0923	Therapy Putty, 5 lb Progressive Resistance Exercise	X-Soft	Yellow	1 ea, 4 ea/cs
169-10-0924	Therapy Putty, 5 lb Progressive Resistance Exercise	Soft	Red	1 ea, 4 ea/cs
169-10-0925	Therapy Putty, 5 lb Progressive Resistance Exercise	Medium	Green	1 ea, 4 ea/cs
169-10-0926	Therapy Putty, 5 lb Progressive Resistance Exercise	Firm	Blue	1 ea, 4 ea/cs
169-10-1471	Therapy Putty, 5 lb Progressive Resistance Exercise	X-Firm	Black	1 ea, 4 ea/cs

McKesson Medical-Surgical
 9954 Mayland Drive
 Richmond, VA 23233
mms.mckesson.com/mckesson-brands

Post-Acute Care and Home Health
 800.347.2456

Home Medical Equipment
 888.822.8111

Primary Care
 866.625.2679

McKesson Brands Support
 800.777.4908