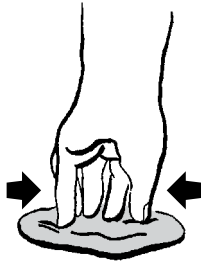


# Therapy Exercises

for use with Parsons Therapy

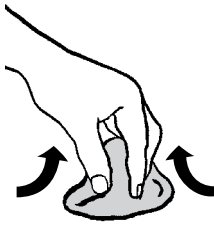
## GROSS OPPOSITION 1

Flatten the Therapy into a circle and stick it on a flat surface. Place fingers and thumb lightly on the edge of the circle. Pull fingers together toward the center of the circle.



## GROSS OPPOSITION 2

Create a cone shape and stick it on a flat surface. Place fingers and thumb over the cone and lightly into the Therapy. Pull up on the cone, bringing fingers and thumb together.



Consult a physiotherapist for the exercise programme best suited to your needs. Not all exercises are appropriate for all patients.

### Parsons ADL Inc.

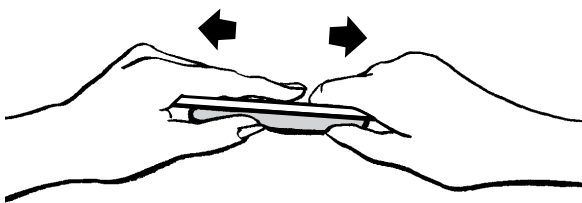
1986 Sideroad 15, Tottenham, ON Canada L0G 1W0  
800.263.1281 • custserv@parsonsadl.com • www.parsonsadl.com

PK-189



## INTRINSIC STRETCH

Place your arm on the table with your palm facing up. Put a roll of Therapy at the base of your fingers. Curl your finger tips into the Therapy without moving your big knuckles.

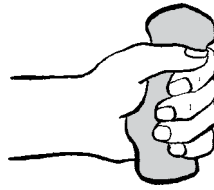


## INTRINSIC FUNCTION

Place a thin piece of plastic or wood under the fingers and put the Therapy between the piece and your thumb. Squeeze, keeping the little knuckles straight and the big knuckles bent. Hold this position while pulling the piece of plastic and Therapy away with the other hand.

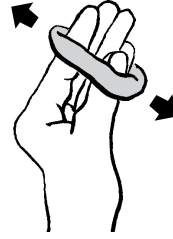
## GROSS FINGER FLEXION 1

Roll Therapy into a cylindrical shape and hold on the palm of your hand. Make a fist, bending fingers around the Therapy.



## GROSS FINGER FLEXION 2

Make a roll of Therapy and connect ends together to create a ring. Place thumb and fingers in the center and spread fingers out against Therapy.



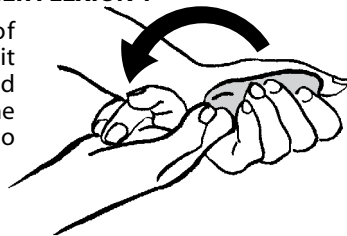
## GROSS FINGER FLEXION 3

Set Therapy on a flat surface. Place hand palm down with fingers bent into Therapy. Push finger tips into the Therapy and push Therapy away while straightening your fingers.



## INDIVIDUAL FINGER FLEXION 1

Make a sheet of Therapy and wrap it around a finger. Bend the finger through the Therapy, trying to touch your palm.



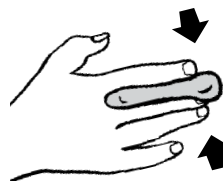
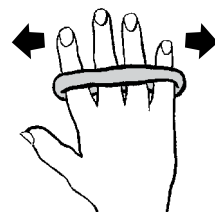
## INDIVIDUAL FINGER FLEXION 2

Make a small ring of Therapy. Place your finger and thumb in the hole of the ring. Spread the finger away from your thumb. Stabilizing your thumb on a table may allow you to use your finger more effectively.



## FINGER ABDUCTION

Make a large ring of Therapy and place around the middle joints of your four fingers. Spread fingers apart sideways against the Therapy.

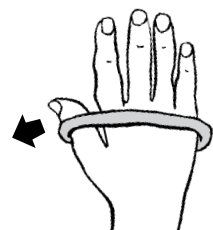
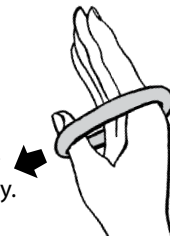


## THUMB & FINGER ABDUCTION

Place a piece of Therapy between two fingers and squeeze through until the two fingers meet.

## THUMB PALMAR ABDUCTION

Place a ring of Therapy around the base of your fingers. Keep fingers straight and stretch thumb out away from your palm and against Therapy.

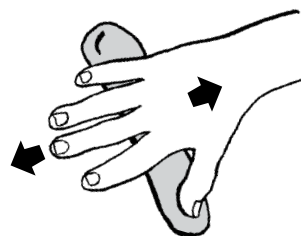


## THUMB RADIAL ABDUCTION

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

## GROSS FINGER & WRIST EXTENSION

Roll Therapy into a roll using a back and forth motion. Keep fingers and wrist stretching up.



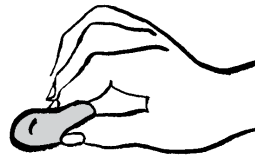
## THUMB FLEXION

Make a roll of Therapy. Wrap your fingers around the roll and press your thumb deeply into the Therapy, and then lift your thumb out slowly.



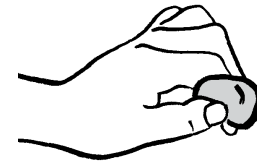
## OPPOSITION 1

Place a piece of Therapy between the tips of your thumb and index finger. Squeeze Therapy until your finger meets your thumb. Repeat with other fingers.



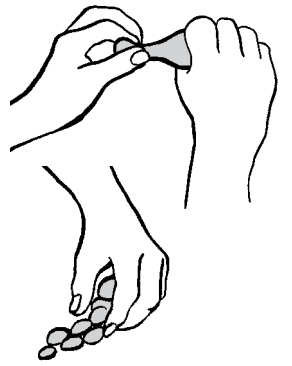
## OPPOSITION 2

Place a piece of Therapy between the side of your index finger and the tip of your thumb. Squeeze Therapy until your thumb meets your finger.



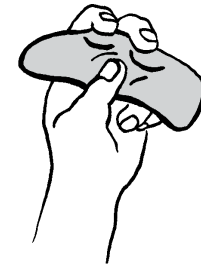
## OPPOSITION 3

Hold a lump of Therapy in one hand. Make a cone. With thumb and finger pads, pick off small pieces of Therapy by twisting and pinching at the narrow end of the cone. When finished, gather small pieces and remold into large piece.



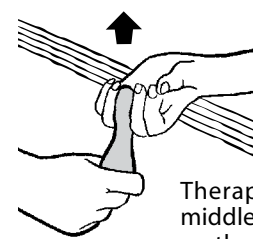
## OPPOSITION 4

Make a roll of Therapy and place it between your thumb and the pads of your index and middle fingers, making a triangle. Squeeze through until your fingers meet.



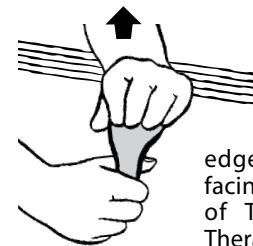
## WRIST FLEXION

Place forearm and elbow of the injured hand on the table. Let the wrist hang over the edge of the table with the palm facing up. Slip the Therapy between the ring and middle finger and into your fist. Pull up on the Therapy with the injured wrist.



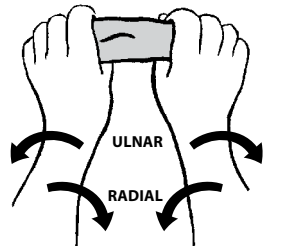
## WRIST EXTENSION

Place forearm and elbow of the injured hand on the table. Let the wrist hang over the edge of the table with the palm facing down. Grip each end of a roll of Therapy. Pull up on the Therapy with the injured wrist.



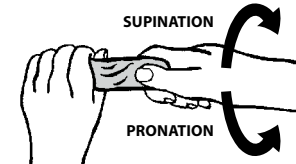
## ULNAR & RADIAL DEVIATION

Place forearms on a table palms down. Hold Therapy, one end in each hand. Hold one hand steady while the other rotates towards the little finger for ulnar deviation and towards the thumb for radial deviation.



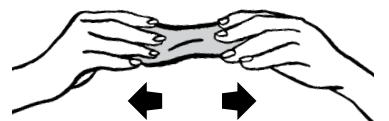
## PRONATION & SUPINATION

Place forearms on a table with the uninjured hand palm down. Place the injured hand on its side with the thumb up. Twist and touch the injured hand's palm to the table (pronation). Twist and touch the back of the hand to the table (supination).



## HORIZONTAL ABDUCTION

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



Colour	Resistance	2 oz.	1 lb.
Blue	Firm	15E310	15E315
Green	Medium	15E311	15E316
Red	Soft	15E312	15E317
Yellow	Extra Soft	15E313	15E318
Tan	Extra Extra Soft	15E314	15E319

Set of five, 2 oz. of each colour 15E320

**Notice:** Do not allow Therapy to come in contact with hair, fur, rugs or fabric for any period of time: it is very difficult to remove once it penetrates the fiber. A surface cleaner or careful application of 95% isopropyl alcohol with repeated brushing and blotting may be tried. Check the colourfastness and resistance to fiber damage prior to applying on an exposed area. Therapy may be frozen with an ice cube and then picked out. Do not microwave.