

Sport-Thieme® therapy dough

Thank you very much for choosing a Sport-Thieme product!

Please read the instructions fully before you use the product so you can enjoy the product and safety is guaranteed.

We are happy to respond to your questions and requests.



The therapy dough

Consistency:	
beige	= extra soft
yellow	= soft
red	= medium
green	= firm
coral red	= very firm

The therapy dough is an aid for improving the flexibility of fingers and hands as well as for training motor skills. Therefore, therapy dough is also used with those suffering from rheumatoid arthritis and injuries as well as after surgery. Regular exercises can produce quick results. The muscles are strengthened; the joints' flexibility as well as the coordination of fingers and hands in general are improved. The greater the functional limitation, the softer the dough should be.

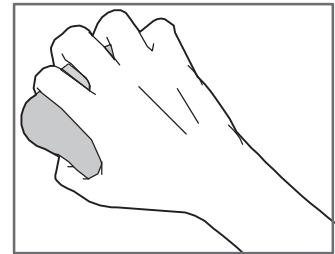
Discuss the exercises suitable for you and their repetitions with your therapist. Practise daily and regularly. Stop the exercises if you experience pain, swelling, overheating or acute rheumatoid arthritis. In these cases, please contact your doctor and therapist. Your therapist will be happy to advise you.

1. Rough gripping and moderate strengthening

Using one hand and applying little pressure, form the therapy dough into a ball on a pad and re-model.

- Carry out the exercise without using much power
- Pay attention to the hand axis: middle finger always as extension of the forearm!

Repetition: approx. 2 sets of 8-12 per hand

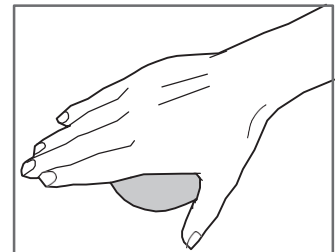


2. Stretching and relaxing

Stretch hand and fingers and roll the therapy dough like a ball in circles forwards and back.

- The movement comes from the entire arm and the shoulder
- Forearm and hand form one axis
- Splay out the thumb only a little

Repetition: approx. 2 sets of 8-12 per hand

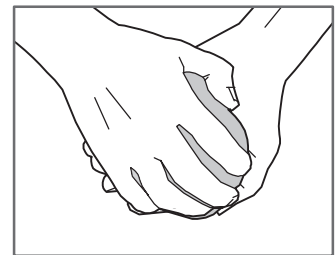


3. Rough gripping, strengthening and coordination

Using both hands, form the therapy dough into a ball and reshape with slight pressure.

- Carry out the exercise without using much power
- Hands and forearms form one axis

Repetition: approx. 2 sets of 5-8 per hand

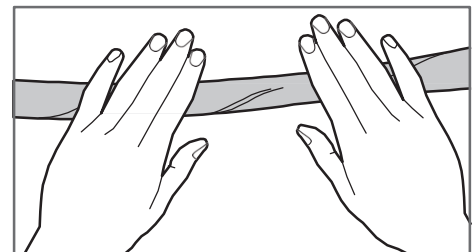


4. Stretching and relaxing

Using both hands, stretch fingers and hands loosely and roll out the therapy dough into a sausage.

- Do not overstretch hands and fingers as this may cause cramping
- Movement only in elbow and shoulder
- Fingers, hands and forearms form one axis

Repetition: approx. sets of 20-30 with both hands

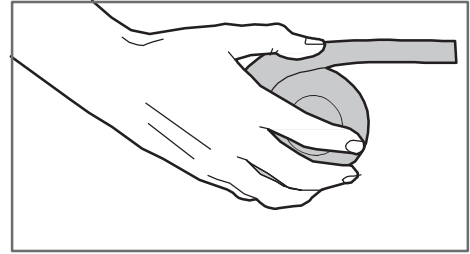


5. Rough gripping and hand rotation

Roll therapy dough into a sausage and then, using the finger tips, roll into a flat snail.

- Always rotate the thumb towards the body (left hand: clockwise, right hand: anti-clockwise)
- No intense use of power
- Particularly suitable with hand malposition or axis deviation

Repetition: approx. 3 x per hand

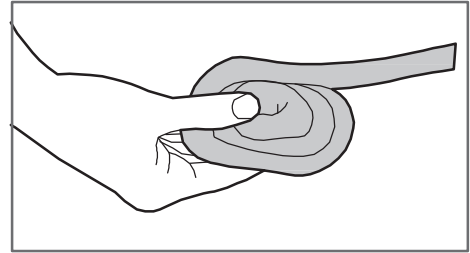


6. Movement and stretching

With a rotating movement of hand and fingers, roll a sausage into a snail.

- Forearm and side of the hand are always resting
- Bend wrist and fingers

Repetition: approx. 3 x per hand

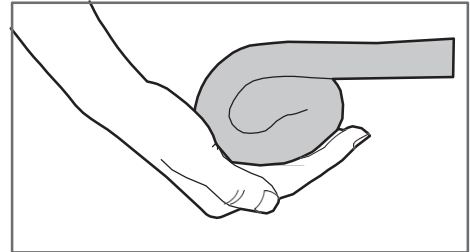


7. Gripping and turning movement

Using one hand, roll a sausage from the end to the middle into a vertically standing snail.

- Carry out the turning movement slowly and consciously
- Bend fingers only moderately

Repetition: approx. 3 x per hand

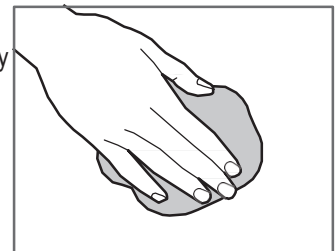


8. Moderate strengthening and passive stretching

Place stretched fingers onto the flat therapy dough and pull with light pressure towards the body

- Only the fingers are placed on the dough, the hand remains on the pad
- Apply light pressure

Repetition: approx. 4 x per hand

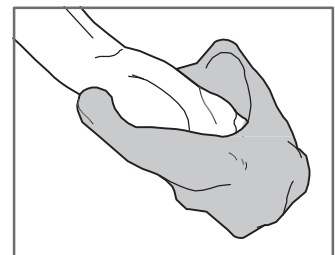


9. Stretching, coordination and mobilisation

Make a fist, wrap the hand with therapy dough and press together. Free the hand from the dough only by stretching and spreading the fingers; do not use the other hand.

- Carry out the exercise slowly

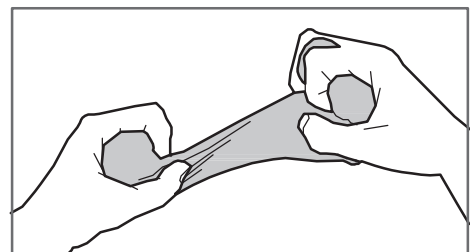
Repetition: approx. 2 x per hand



10. Mobilisation, strengthening and coordination

Hold therapy dough with one hand, use the other hand to claw the fingertips into the dough and rip roughly half off.

Repetition: approx. 3 x

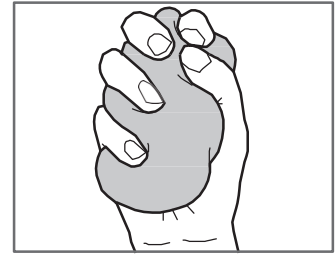


11. Mobilisation, strengthening and coordination

Using one hand, shape the ripped-off dough (see exercise 10) into ever smaller balls

- The back of the hand and forearm are always resting
- Hand forms an extension of the forearm

Repetition: approx. 6 x per hand

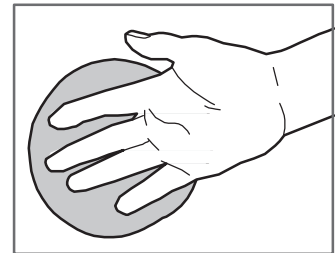


12. Active stretching 1

Place stretched fingers with the palm facing upwards onto a ball of dough, flatten the ball slowly and pull towards the body, applying light pressure.

- Forearm remains on the pad throughout
- Finger, hand and forearm form one axis

Repetition: approx. 4 x per hand

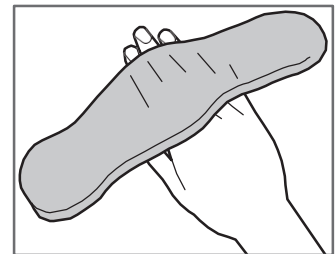


13. Active stretching 2

Place hand and forearm relaxed onto the pad and press a wide strip of therapy dough onto the fingers. Stretch fingers slowly.

- Lift fingers no more than 2 cm from the pad
- Palm of hand remains on the pad throughout

Repetition: approx. 5 x per hand

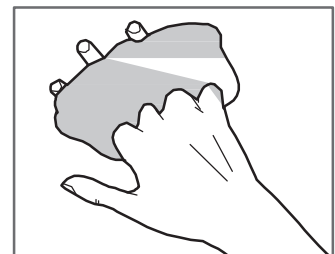


14. Spreading and strengthening

Press finger into a strip of therapy dough (see exercise 13), then place the strip together over the fingers. Slowly spread fingers and pull them together again.

- Fingers are always in the extension of forearm and hand

Repetition: approx. 6 x per hand

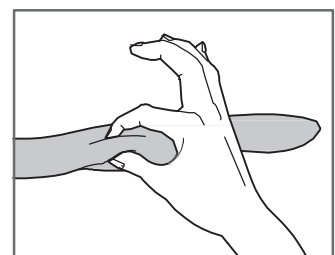


15. Strengthening and complex gripping

Place a lump of therapy dough onto the pad and press some of the dough against the thumb using index finger and middle finger if necessary (key grip). Hold tension for approx. 5 sec.

- Do not overstretch or bend wrist
- Increase use of power only slowly

Repetition: approx. 6 x per hand

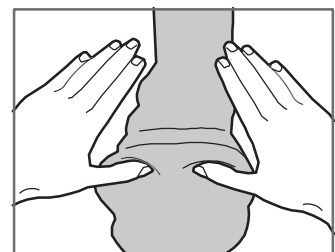


16. Thumb exercise: spreading and strengthening

Spread a flat strip of therapy dough and widen it towards the index finger using the thumb. Afterwards, push the dough together again using the thumb.

- Hands and fingers are flat on the pad
- Fingers, hands and forearms form one axis

Repetition: approx. 6 x per thumb

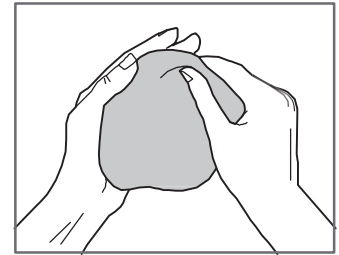


17. Thumb exercise: strengthening and complex gripping movement

Using mainly the thumbs, index and middle fingers of both hands, form the dough into a cup.

- Slowly build up power
- Do not bend wrist

Repetition: approx. 4 x



18. Index finger exercise: mobilisation and strengthening

Wrap the thumb tightly with some of the dough, then strip the dough from the thumb using the index finger.

- Rest forearm and hand during the exercise
- Increase power slowly

Repetition: approx. 4 x per hand

