

Digi-Flex® exerciser

**industry standard for 25 years!**  
**works fingers individually**

- upper and lower spring design allows more flexibility for all hand motions
- develops isolated finger strength, flexibility and coordination
- for rehabilitation of carpal tunnel, arthritis, stroke, fractures, tendon injury, nerve lacerations, tennis elbow and more
- comes with exercise pamphlet
- now available in 8 strength levels!



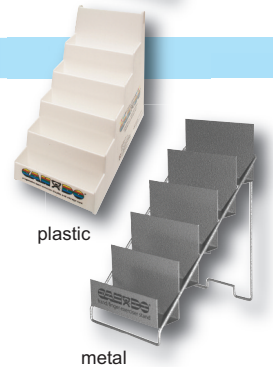
set of 5 with metal stand

**force to compress finger / hand (lb)**

tan	xx-light	.75 / 2.5	10-0751
yellow	x-light	1.5 / 5.0	10-0740
red	light	3.0 / 10.0	10-0741
green	medium	5.0 / 16.0	10-0742
blue	heavy	7.0 / 23.0	10-0743
black	x-heavy	9.0 / 31.0	10-0744
silver	xx-heavy	11.0 / 36.0	10-0752
gold	xxx-heavy	13.0 / 43.0	10-0753
yel red grn blu blk	set of 5 (1 ea)		10-0745
yel red grn blu blk	set with plastic stand		10-0746
yel red grn blu blk	set with metal stand		10-0749
tan yel red grn blu blk sil gld	set of 8 (1 ea)		10-0758
tan yel red grn blu blk sil gld	set with 2 metal stands		10-0759

**display / storage rack**

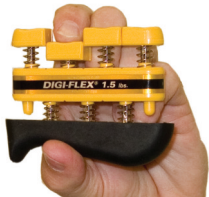
- holds up to 5 units of: Digi-Flex®, Digi-Flex® Lite®, Digi-Flex® Multi®, Via™, VariGrip®, Pro™, Digi-Extend® and Digi-Flex® Thumb™



plastic stand only 10-0747  
metal stand only 10-0750

**some exercises for the Digi-Flex®, Lite®, Multi™ and Thumb™ exercisers**

tip-to-tip pinch



hook position



trigger pinch



gross grasp



key pinch



fingertip flexion

