

hand exercisers

exercise

ultimate hand helper

- includes color-coded, latex-free elastic bands, range-limiting clips and an instruction booklet
- use for muscle tendon groups of the hand and forearm
- promotes comfort and versatility



10-2090 ultimate hand helper

finger helper

- includes color-coded elastic bands, a spacer peg and instructions
- strengthens weaker fingers while excluding stronger fingers from the exercise process
- vary ROM by insertion of a single spacer peg
- ideal for children or others with smaller hands



10-2091 finger helper

thumb helper

- includes color-coded elastic bands, two stacking spacer pegs and instructions
- promotes thumb and individual finger strength
- stacking spacer pegs to vary ROM



10-2092 thumb helper

CanDo® fixed resistance grips



- resistance sequence on grips covers needs from earliest stage of rehabilitation after a stroke (yellow) to advanced athletic training (black)
- force required to squeeze grip doubles with each level
- sold in pairs



resistance

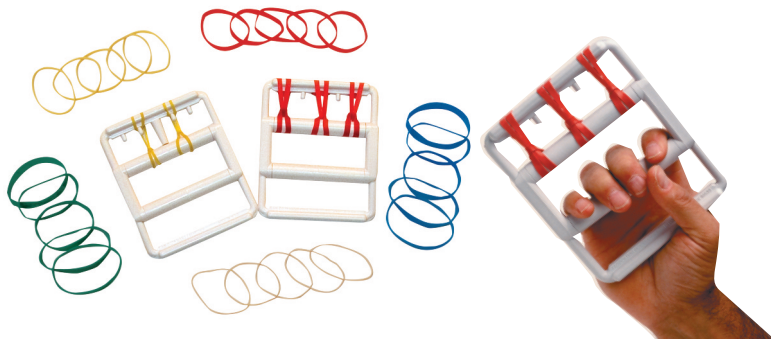
		(lb)	
yellow	x-easy	3	10-1804
red	easy	6	10-1805
green	moderate	12	10-1806
blue	difficult	24	10-1807
black	x-difficult	48	10-1808
yel red grn blu blk	set (1 ea)		10-1809



CanDo® rubber band hand exerciser



- designed for finger flexion exercises
- vary resistance by increasing or decreasing number of rubber bands, or by changing to a different color-coded set of bands
- ROM may be decreased by using flexion limiter
- comes with 5 red (light) bands or with 5 sets of color-coded bands. Set includes 25 bands - 5 of each color: tan (xx-light), yellow (x-light), red (light), green (medium) and blue (heavy)



exerciser with 5 red (light) bands

		latex	latex-free
1 set	red	10-0800	10-1860
10 sets	red	10-0800-10	10-1860-10
50 sets	red	10-0800-50	10-1860-50

exerciser with 25 bands (5 each color / resistance)

		latex	latex-free
1 set	tan yel red grn blu	10-1800	10-1865
10 sets	tan yel red grn blu	10-1800-10	10-1865-10
50 sets	tan yel red grn blu	10-1800-50	10-1865-50

25 additional resistance bands

		latex	latex-free
tan	xx-light	10-1820	10-1850
yellow	x-light	10-1821	10-1851
red	light	10-1822	10-1852
green	medium	10-1823	10-1853
blue	heavy	10-1824	10-1854

25 bands - 5 each color

		latex	latex-free
tan yel red grn blu	set	10-1825	10-1855