

hand and finger exercisers

flexion for individual fingers and the entire hand!

CanDo® Via™ exerciser

perfect for patient give-aways

- soft finger pads and palm rest
- ergonomic design
- non-intimidating design appeals to children and seniors



set of 5
with metal stand
shown

force to compress finger / hand (lb)

yellow	x-light	1.0 / 4.0	10-0735
red	light	2.5 / 10.0	10-0736
green	medium	4.0 / 16.0	10-0737
blue	heavy	5.5 / 22.0	10-0738
black	x-heavy	7.0 / 28.0	10-0739

yel	red	grn	blu	blk	set (1 ea)	10-0734
yel	red	grn	blu	blk	set w/plastic stand	10-0733
yel	red	grn	blu	blk	set w/metal stand	10-0729

CanDo® Pro™ exerciser

for larger hands for sports medicine for athletic training

- larger body
- heavier tensions
- soft finger pads
- contoured palm rest



set of 5 with plastic
stand shown

force to compress finger / hand (lb)

yellow	x-light	3.0 / 12.0	10-0835
red	light	5.0 / 20.0	10-0836
green	medium	7.0 / 28.0	10-0837
blue	heavy	9.0 / 36.0	10-0838
black	x-heavy	11.0 / 44.0	10-0839

yel	red	grn	blu	blk	set (1 ea)	10-0834
yel	red	grn	blu	blk	set w/plastic stand	10-0833
yel	red	grn	blu	blk	set w/metal stand	10-0832

CanDo® VariGrip® exerciser

individual adjustable finger pads

- tension for each finger can be individually adjusted with "thumb screw" upward from lower to higher
- palm rest doubles as "full-hand" topper
- soft finger pads and palm rest



adjusts easily by turning
thumb screw

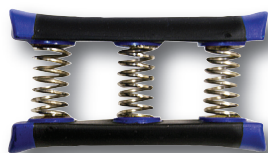
min strength finger / hand (lb)

yellow	x-light	1.0 / 4.0	1.5 / 6.0	10-0540
red	light	2.5 / 10.0	3.0 / 12.0	10-0541
green	medium	4.0 / 16.0	5.0 / 20.0	10-0542
blue	heavy	5.5 / 22.0	7.0 / 28.0	10-0543
black	x-heavy	7.0 / 28.0	9.0 / 36.0	10-0544

yel	red	grn	blu	blk	set (1 ea)	10-0545
yel	red	grn	blu	blk	set w/plastic stand	10-0546
yel	red	grn	blu	blk	set w/metal stand	10-0547

big grip

- exercise grip requires flexion to fully compress



force to compress lb

10-0791	10
10-0792	15
10-0793	30
10-0794	60
10-0790	set of 4

graded pinch exerciser

- improve pinch strength and coordination
- includes 5 sets of color-coded graded resistance pinchpins, three horizontal rods, and a vertical rod for shoulder ROM exercise



complete set

10-0840 set / 35 pins

replacement pinchpins (7 each)

force to pinch (lb)

yellow	10-0841	1
red	10-0842	2
green	10-0843	4
blue	10-0844	6
black	10-0845	8

6-spring hand grip

- vary tension by using up to six springs
- use for finger, hand, and forearm exercises



10-0801 spring grip, each

power hand grip

- adjustable grippers



pro grip 25 settings from 5-150 lb
10-0815 pro

deluxe grip 15 settings from
10-100 lb
10-0813 deluxe

adjustable grip 10 settings from
5-50 lb
10-0816 adjustable