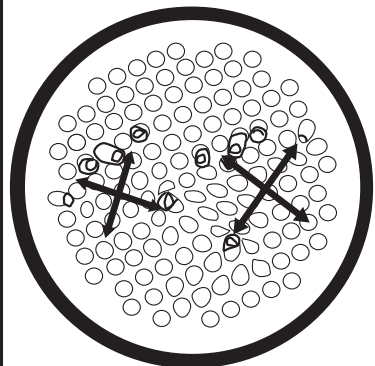


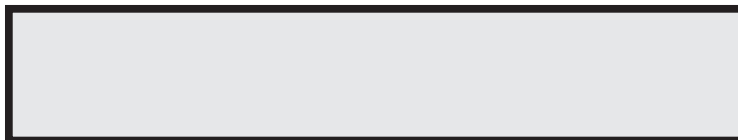


finger flexion

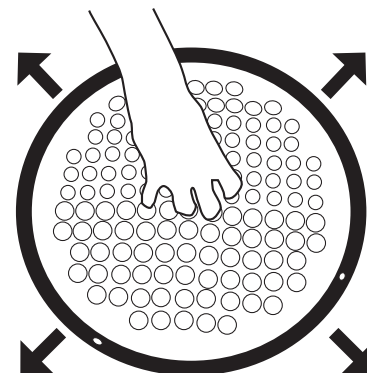
CANDo[®]

Hand Exercise Web

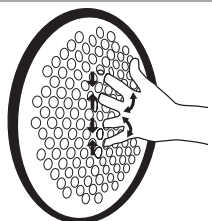
Develop finger, hand, wrist and forearm strength, flexibility and coordination. Color-coding indicates level of resistance.



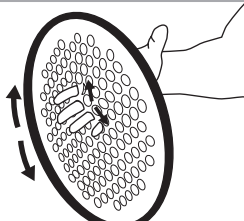
Consult your healthcare professional before use.



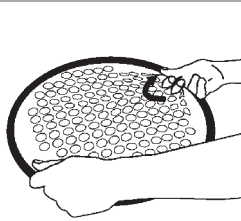
finger extension



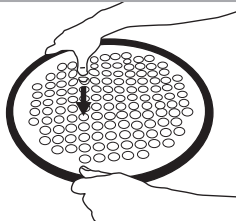
finger scissor contraction



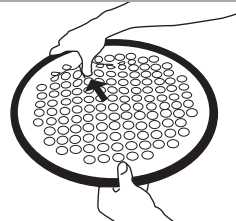
finger scissor extension



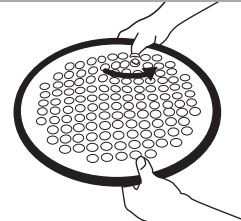
finger curling



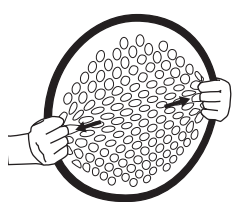
thumb extension



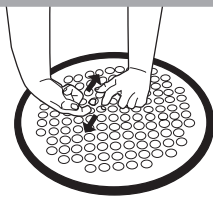
thumb flexion



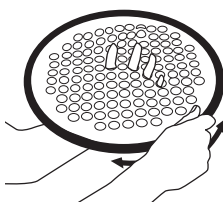
multi-axial thumb twist



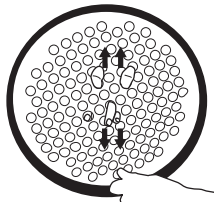
finger flexion



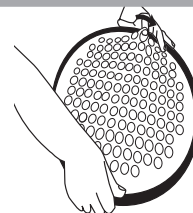
finger curling



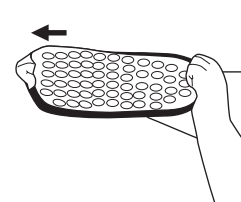
wrist rotation



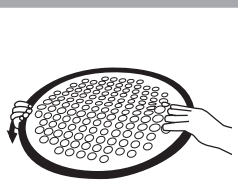
finger stretching



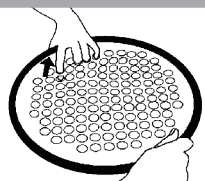
multi-axial finger stretching



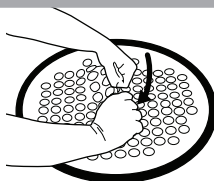
finger strengthening



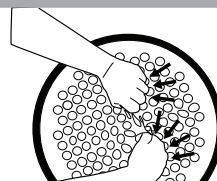
finger extension



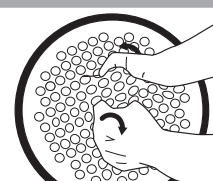
finger-walk stretch



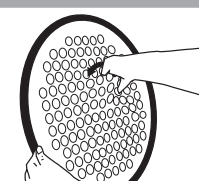
forward wrist-roll



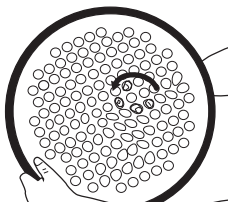
circular wrist-roll



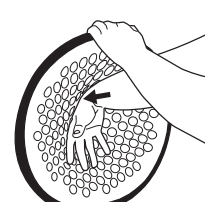
side-to-side wrist-roll



up-and-down wrist-roll



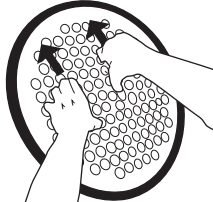
wrist rotation



wrist/hand warm up reverse-press



wrist/hand warm up front-press



variable thumb flexion