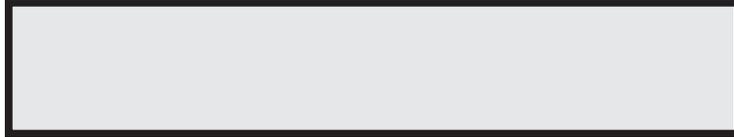


finger flexion

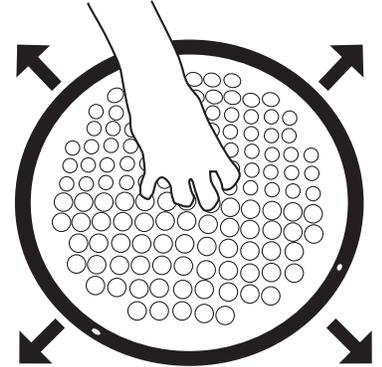
# CANDo<sup>®</sup>

## Hand Exercise Web

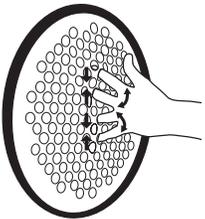
Develop finger, hand, wrist and forearm strength, flexibility and coordination. Color-coding indicates level of resistance.



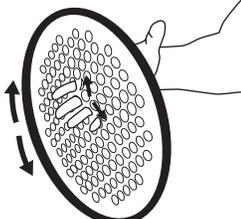
Consult your healthcare professional before use.



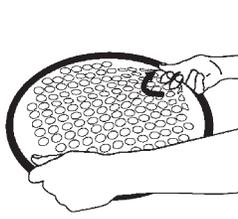
finger extension



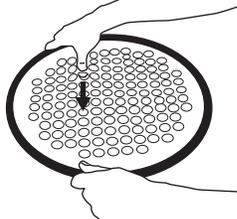
finger scissor contraction



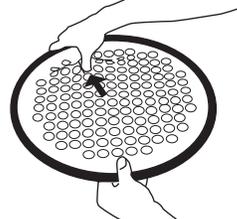
finger scissor extension



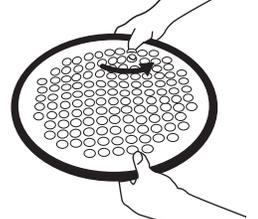
finger curling



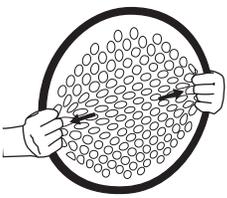
thumb extension



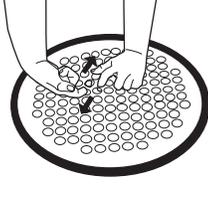
thumb flexion



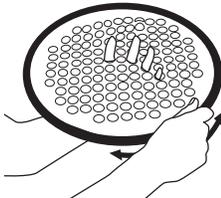
multi-axial thumb twist



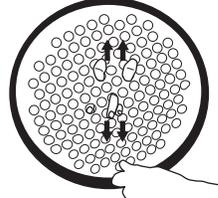
finger flexion



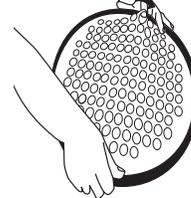
finger curling



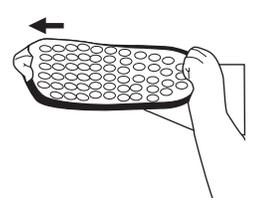
wrist rotation



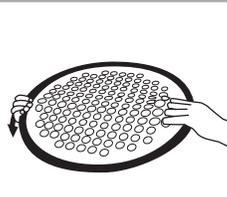
finger stretching



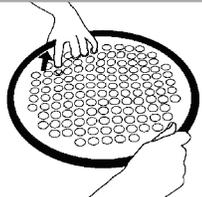
multi-axial finger stretching



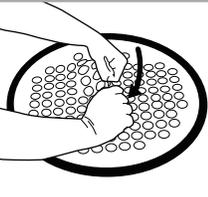
finger strengthening



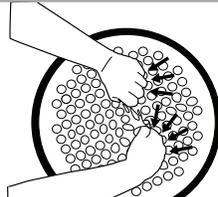
finger extension



finger-walk stretch



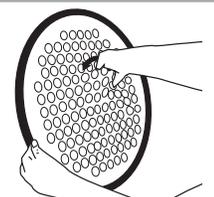
forward wrist-roll



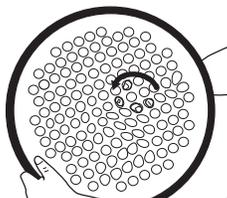
circular wrist-roll



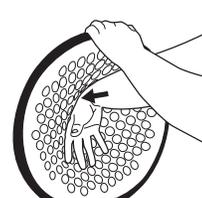
side-to-side wrist-roll



up-and-down wrist-roll



wrist rotation



wrist/hand warm up reverse-press



wrist/hand warm up front-press



variable thumb flexion

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