

# Instruction Manual

# CAN DO Digi-Squeeze®

## Progressive hand exerciser
















*Develops finger, hand and forearm strength, flexibility and coordination*



## PRODUCT INFORMATION

- Available in 5 progressive color-coded firmness levels
- Each firmness available in 3 sizes: small, medium, large



Choose your size and firmness	small	medium	large	
 yellow	x-light	10-1970	10-1980	10-1990
 red	light	10-1971	10-1981	10-1991
 green	medium	10-1972	10-1982	10-1992
 blue	firm	10-1973	10-1983	10-1993
 black	x-firm	10-1974	10-1984	10-1994
 yel  red  grn  blu  blk	set of 5 (1 ea)	10-1975	10-1985	10-1995
 yel  red  grn  blu  blk	set of 5 (1 ea) with stand	10-1976	10-1986	10-1996



## INDICATIONS

- Develops individual finger strength, flexibility and coordination.
- Builds hand and forearm strength.

## PRECAUTIONS

- If you've had an injury or a hand disorder, consult with your healthcare professional prior to beginning the exercises.
- The position of the **Digi-Squeeze®** in the hand, the intensity of the exercise, level of resistance and number of repetitions should be approved by a healthcare professional.
- If you experience unusual swelling, skin discoloration or pain, discontinue use and consult a healthcare professional.

## GUIDELINES FOR USE

- Exercises should be done at a slow comfortable pace.
- Position **Digi-Squeeze®** with the product name facing away from your palm during use. This will insure that the hand position is correct.

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## EXERCISES:

**1. Gross Grasp:** Place fingers in the appropriate gray finger indentations. For right hand, place index finger on the gray indentation which is furthest to the left, the rest of the fingers will fall naturally in place in the gray indentations next to the index finger. Place the thumb in the gray thumb indentation closest to the index finger. Flex the thumb and all fingers toward the center of the unit as if making a fist.



**2. Hook Position:** Starting position as in #1, except use finger tips on the individual gray finger indentations, the thumb rests naturally in place on the gray thumb indentation, not on the tip. Keeping finger tips slightly bent, flex all fingers toward the center of the unit.



**3. Key Pinch:** Starting position as in #1, except in this exercise the thumb tip is utilized and the fingers rest naturally in place on the gray finger indentations. With the tip of the thumb slightly bent, flex the thumb toward the center of the unit.



**4. Trigger Pinch:** Place the index finger on the second gray finger indentation from the left and place the thumb on the gray thumb indentation that is most comfortable. Press the index finger as if squeezing a trigger.



**5. Tip-to-Tip Pinch:** Place the tip of the thumb on the gray thumb indentation that is most comfortable. Position the finger to be exercised on one of the gray finger indentations. Keeping both tips slightly bent, flex the thumb and the finger being exercised toward the center of the unit at the same time.



**6. Fingertip Flexion:** Starting position as in #1. Place all finger tips on the gray finger indentations with the tip of the thumb on the gray thumb indentation. Keeping all finger tips bent, flex the thumb and all the fingers toward the center of the unit at the same time.



**7. Finger (MP) Intrinsic Flexion:** Place fingers in starting position as in #1. While keeping the PIP and DIP joints extended, flex just the MP joints against the gray indentations.

