



PROGRESSIVE EXERCISE SYSTEMS



VariGrip™ Hand and Finger Exerciser

develops individual finger strength, flexibility and coordination

choose your size and level

available in 5 progressive color-coded firmness levels

yellow	xx-light	10-0540
red	x-light	10-0541
green	light	10-0542
blue	medium	10-0543
black	heavy	10-0544

INDICATIONS

- Builds hand and forearm strength
- Vary tension for each finger independently
- Palm rest doubles as “full-hand” topper

PRECAUTIONS

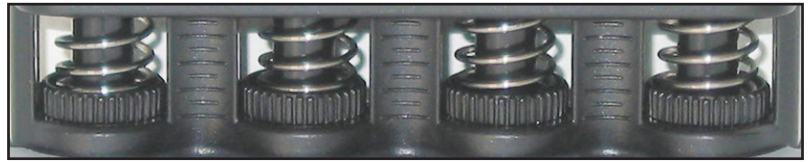
- If the individual is being treated for a hand disorder, specific exercises and the intensity and number of repetitions should be approved by a healthcare professional
- Following injury or surgery, consult a healthcare professional before performing exercises
- If unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional should be consulted

GUIDELINES FOR USE

- Exercises should be done at a slow, comfortable pace. Suggested exercises follow.

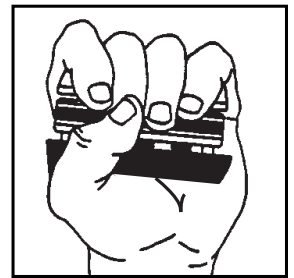
Suggested exercises for use with CanDo® VariGrip™ Hand Exercisers

Adjust range of tension for each finger by rotating thumb screws.

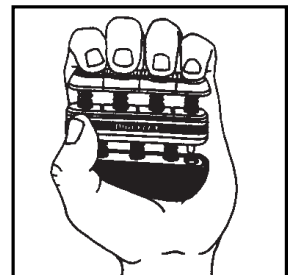


SUGGESTED EXERCISES TO FOLLOW

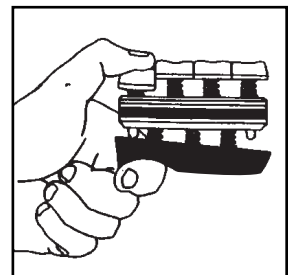
1. Gross Grasp: Place the middle of the fingers on the buttons with the finger tips wrapped over the top. Positioning the end of the ergonomic palm bar over the web space between the thumb and index finger, flex the thumb and all fingers toward the center of the unit as if making a fist.



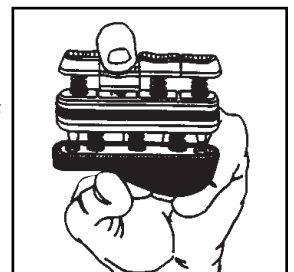
2. Hook Position: Place finger tips on individual buttons and position ergonomic palm bar with the end over the web space between the thumb and index finger. Keeping finger tips slightly bent, flex all fingers toward the center of the unit.



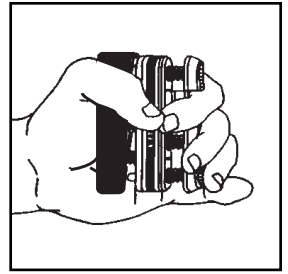
3. Key Pinch: Place the end of the palm bar on the inside of the bent index finger. With the tip of the thumb slightly bent, flex the thumb on the first button.



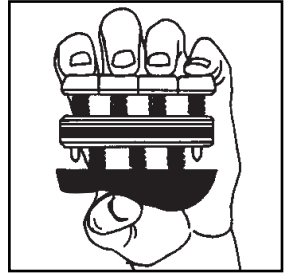
4. Trigger Pinch: Loosely hold the unit vertically with the buttons toward the fingers and the end of the palm bar positioned over the web space between the thumb and index finger. With the middle of the index finger, press the second button as if squeezing a trigger.



5. Tip-to-Tip Pinch: Place the tip of the thumb on the center of the palm bar. Position the finger to be exercised on one of the center buttons. 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: Place all finger tips on their own button, with the tip of the thumb on the center of the base. Keeping all finger tips bent, flex the thumb and all the fingers toward the center of the unit at the same time.



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