## hand exercisers

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## CanDo® Digi-Extend® finger extension exerciser



- isolate extension of all fingers and individual finger joints
- develop isolated finger strength, flexibility and coordination
- vary resistance by changing to a different color-coded rubber band
- 4 color-coded resistance band levels included tan yellow red green allow each muscle or joint to work at a comfortable level and build as increased strength is achieved (5 tan, 4 yellow, 3 red, 2 green)
- for rehabilitation of carpal tunnel, arthritis, stroke, fractures, tendon injury, nerve lacerations, tennis elbow and more
- exercise pamphlet included

Digi-Extend® unit with color-coded bands and instructions.replacement resistand tantanxx-light		5 each		
tan xx-light				
	10-1850	5.00		
10-0775 Digi-Extend <sup>®</sup> unit 20.00 <mark>yellow</mark> x-light	10-1851	5.00		
red light	10-1852	5.00		
clinic set green medium	10-1853	5.00		
set contains 4 Digi-Extend <sup>®</sup> units with blue heavy 10-1854 5.00				
color-coded bands and metal stand 25 latex-free bands -	25 latex-free bands - 5 each color			
10-0757 clinic set w/stand 112.50 tan yel red grn blu se	et 10-1855	7.50		
metal stand				
10-0756 stand only 40.00				



per finger

- effective for hand therapy, tennis elbow, flexor tendon repair, post surgery rehabilitation
- increase grip strength and promote flexibility in the palms. Replicate full natural path of motion with reverse grip technology
- instructions included

2015-2016

comes with set of finger bands

10-0960B	Xtensor <sup>®</sup> (blue)	30.00	
10-0962	foam cushion pad for Xtensor®	3.00	
10-0963-8	additional finger bands (8 ea)	10.00	
10-0964-8	additional thumb bands (8 ea)	10.00	
2 comfort pads are included with each Xtensor®			



Digi-Extend® exerciser
thumb extension
isolated fingertip extension
A stated ingetip extension
isolated full finger extension

some exercises for the

## HandMaster Plus™

- strengthens hand muscles
- use to treat carpal tunnel syndrome. tennis elbow,

golfer's elbow, RSI's (repetitive stress injuries), tendinitis, DeQuervain's syndrome, Dupuytren's contracture, osteoarthritis, osteoporosis, stroke, neuropathy, post-surgical rehabilitation, sprain/dislocation/fracture rehabilitation, subluxation and adhesion, and circulatory concerns

- use for flexion and extension
- instructions included

10-0784 soft (purple ball, yellow cord) 17.50 10-0785 medium (red ball, black cord) 17.50 10-0786 hard (orange ball, gray cord) 17.50

10-0787 set of 3 progressive resistances 25.00