

vive®

HAND THERAPY BALL KIT

User Manual
RHB1031

PRODUCT DESCRIPTION

The Vive Hand Therapy Ball Kit is an interactive and easy-to-use exercise kit. Use this set to increase strength and flexibility in your hands, fingers, wrists and forearms. The color-coded balls are five centimeters in diameter and weigh two ounces. Each ball offers a unique resistance level.

Made from non-toxic thermoplastic elastomer, these exercise balls are safe and suitable for both kids and adults. Guaranteed for 60 days.

WHAT'S INCLUDED

Orange extra soft resistance ball
Green soft resistance ball
Blue medium resistance ball
Purple firm resistance ball
Black nylon carry bag

HOW TO CARE FOR YOUR HAND THERAPY BALL KIT

Make sure your hands are clean before each use. If the balls get dirty, wash with mild soap and water and dry thoroughly with a towel. Avoid exposing your exercise balls to direct sunlight or high temperatures. Store in a cool dry place.

WARNINGS

Consult your healthcare provider before starting any exercise or rehabilitation program. Mild discomfort is normal when exercising but if you experience severe pain while using the Hand Therapy Ball Kit, stop and consult your physician.

Caution: choking hazard. Keep the Hand Therapy Balls away from small children.

EXERCISES

Note: These exercises work with any of the four Vive Hand Therapy Balls. Choose the therapy ball that will challenge your strength and flexibility without causing damage to your hand, wrist or fingers.

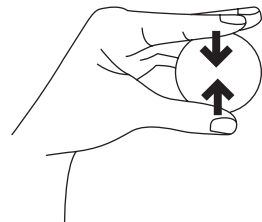
Power Grip

Grip your therapy ball in the palm of your hand. Squeeze the ball tightly and hold. Relax your grip. Repeat. Do one set of exercises with your hand facing up and then do another set with your hand facing down.



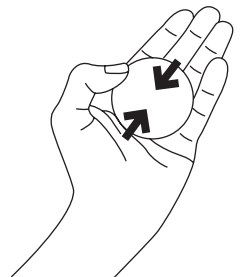
Pinch

Hold the therapy ball between your thumb and index finger. Squeeze your fingers together and hold. Keep your fingers straight at all times. Relax your grip. Repeat.



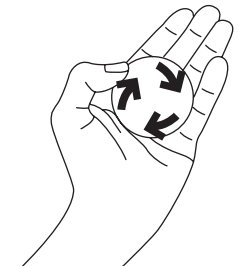
Thumb Extension

Cup your therapy ball in the palm of your hand. Place your thumb against the ball. Extend and bend your thumb, rolling the ball vertically along your fingers. Be sure to use just your thumb to move the ball. Repeat.



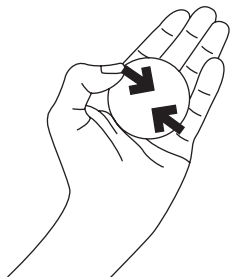
Thumb Roll

Cup your therapy ball in the palm of your hand. Place your thumb against the ball. Roll your thumb, manipulating the ball in a circle on your fingers. Be sure to use just your thumb to move the ball. Repeat.



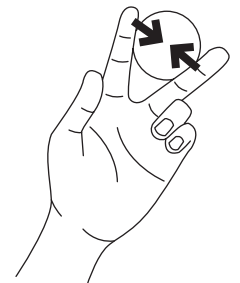
Thumb Opposition

Cup your therapy ball in the palm of your hand. Place your thumb against the ball. Place the finger you'd like to exercise on the other side of the ball. Squeeze your thumb and finger together and hold. Relax your grip. Repeat.



Finger Squeeze

Place your therapy ball between the two fingers you'd like to exercise. Squeeze your fingers together and hold. Release your grip. Repeat.



Finger Flex

Hold your therapy ball in the palm of your hand. Grip the ball with your fingers. Push your fingers firmly into the ball as if you are bending your fingers. Don't use your thumb. Hold. Relax your grip. Repeat.

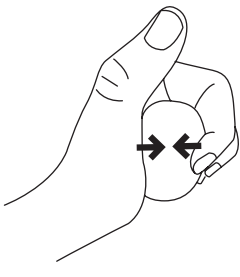


Table Roll

Place your therapy ball on a table with your palm on top of it. While keeping your hand flat and your palm facing down, roll the ball from the base of your palm up to your fingertips and back. Keep your fingers straight. Repeat.

