



PROGRESSIVE EXERCISE SYSTEMS

CanDo® Digi-Extend® Hand Exerciser

develops finger, hand and forearm strength, flexibility and coordination

choose your size and level

available in 5 progressive color-coded firmness levels

tan	xx-light	10-1970
yellow	x-light	10-1971
red	light	10-1972
green	medium	10-1973
blue	heavy	10-1974

INDICATIONS

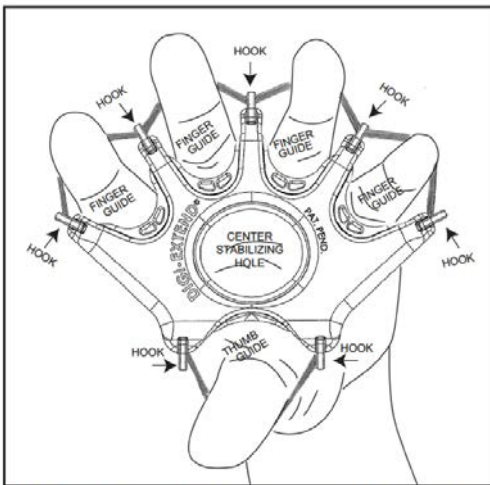
- Develops individual finger strength, flexibility and coordination
- Also builds hand and forearm strength

PRECAUTIONS

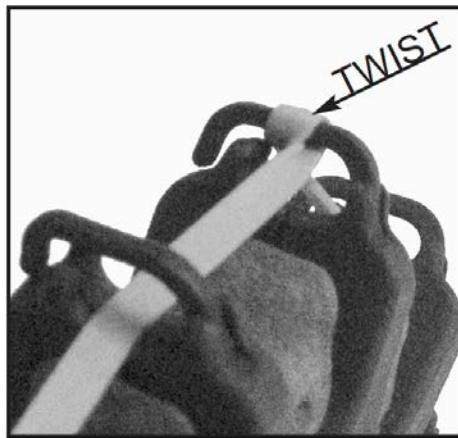
- If you've had an injury or hand disorder consult with your healthcare professional prior to beginning the exercises.
- The position of the Digi-Extend® in the hand, the intensity of the exercise, level of resistance and number of repetitions should be approved by a healthcare professional.
- If you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

GUIDELINES FOR USE

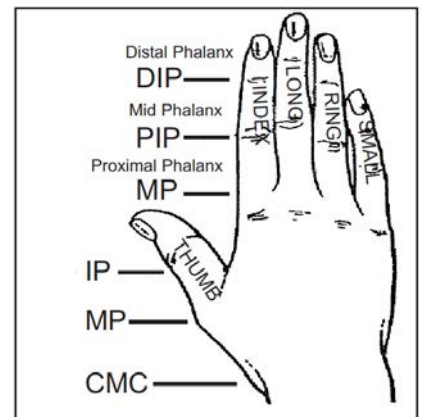
- Exercises should be done at a slow comfortable pace.
- Use the other hand to help stabilize the device during the exercises, as needed.



Latex-Free Color-coded bands are stretched around the circumference of the Digi-Extend® under the hooks.



BAND TWIST ADJUSTMENT - All the exercises can be modified to help control the amount of band length and tension by twisting the band around the hooks.



FLEXION = Bending Fingers
EXTENSION = Straightening Fingers

SUGGESTED EXERCISES TO FOLLOW

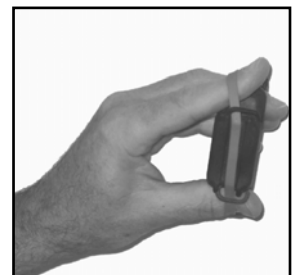
1. Full Finger Extension: Place one finger into each finger guide, under the band until the mid phalanx of each finger is resting on the Digi-Extend®. Extend all five fingers. Relax to starting position and repeat.



2. Isolated Full Finger Extension: Starting position as in #1. Flex fingers to hold Digi-Extend®. Extend one finger at a time (all three joints), and relax slowly back to the starting position. Repeat with each finger.



3. Isolated PIP/DIP Extension: Place fingertips in the finger guides. Extend finger, keeping MP joint slightly flexed, extend only the PIP and DIP joints. Relax and let the band flex the joints and extend again. This is a small controlled motion. Repeat with



4. Isolated MP Extension: Slide fingers all the way forward so that the proximal phalanges are resting on the device and the PIP and DIP joints are flexed. While keeping the PIP and DIP joints flexed, extend only the MP joints (all four fingers together). Stabilize the device with the other hand. Hold and repeat.



5. Isometric Finger Adduction: Place fingers in starting position as in #1. With fingers in extension, gently squeeze them together sideways against the edges of the finger guides. Hold and repeat.



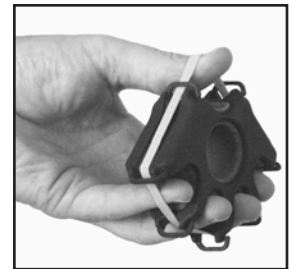
6. Finger Abduction/Adduction: One finger at a time. A) Place a finger in one of the guides so that one side of the finger touches the band. Move finger sideways against the band. Relax and repeat. B) Turn the device around so the other side of the finger touches the band. Now, move the finger the other way, against the band. Relax and repeat.



7. Flexion Blocking: Place fingers in starting position as in #1. You can also position the fingers on top of the bands for a softer effect. Flex all joints to make a fist around the device. Hold and repeat.



8. Thumb Extension: Place fingers in starting position as in #1. Place long finger in center stabilizing hole or stabilize with the other hand. Turn device so the thumb is on top. While keeping the base (CMC) of the thumb still, slowly extend the thumb IP and MP joints. Hold and repeat.



9. Thumb Abduction /Extension: Place fingers in starting position as in #1. Place long finger in center stabilizing hole or stabilize with the other hand. Extend thumb, against the band, away from the palm and fingers. Hold and repeat.



10. Isolated Finger Tip Flexion: Holding with the opposite hand, place one finger into a finger guide with the fingernail resting on the pad and the band on the fingertip skin. Flex only the fingertip against the band. Hold and repeat.



11. Isolated PIP Flexion: (DIP Eliminated) Place four fingers into the finger guides, with the fingernails against the pads. Hold three fingers back in extension with the bands or the other hand, while flexing one finger at only the PIP joint. Do not flex the other fingertips. Hold and repeat.



12. Finger (MP) Intrinsic Flexion: Place fingers in starting position as in #1 but with the bands under the fingers. While keeping the PIP and DIP joints extended, flex just the MP joints against the bands. Hold and repeat.

