



HAND EXERCISER

DIGI-FLEX® MULTI®

rehabilitation, exercise, strengthening and many more uses



Color			finger lb (kg)	hand lb (kg)
tan	xx-easy	10-3740	0.8 (0.3)	3.0 (1.4)
yellow	x-easy	10-3741	1.5 (0.7)	6.0 (2.7)
red	easy	10-3742	3.0 (1.4)	12.0 (5.4)
green	moderate	10-3743	5.0 (2.3)	20.0 (9.0)
blue	difficult	10-3744	7.0 (3.2)	28.0 (12.7)
black	x-difficult	10-3745	9.0 (4.1)	36.0 (16.3)
silver	xx-difficult	10-3746	11.0 (5.0)	44.0 (20.0)
gold	xxx-difficult	10-3747	13.0 (5.9)	52.0 (23.6)

- Strengthen fingers, hand and forearm
- Increase hand/finger flexibility and coordination
- Customize your exercise program by using various resistance finger buttons
- Control finger resistance by changing finger buttons
- Exercise fingers individually or the entire hand
- Choose from 8 color-coded finger button resistances



A Totally Individual Exercise Experience!

By changing the resistance of individual finger buttons, the exercise program becomes specific to the user. As progress is made, switch to more difficult buttons as needed.



DigiFlex® Multi® Exercises

1. Gross Grasp

Place the middle of each finger on the corresponding button with the finger tips wrapped over the top. Position the ridge 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 ridge over the web space between the thumb and index finger. Keep finger tips slightly bent and flex all fingers toward the center of the unit.



3. Key Pinch

Place the ridge of the ergonomic 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 ridge of the ergonomic 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 ergonomic palm bar. Position the finger to be exercised on one of the center buttons. Keep both tips slightly bent, flex the thumb and the finger being exercised toward the center of the unit at the same time.



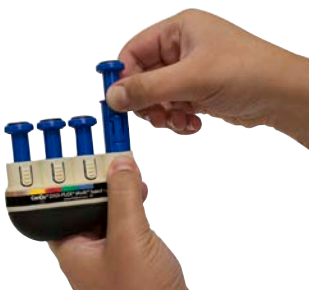
6. Finger Tip Flexion

Place finger tips on their corresponding buttons, with the tip of the thumb on the center of the ergonomic base. Keep all finger tips bent, flex the thumb and all the fingers toward the center of the unit at the same time.



Remove and Replace Finger Button:

1. Decide which finger button(s) should be easier or harder than the others to properly complete the assigned exercise.



2. Remove appropriate button by pressing gently on the release mechanism located on both sides of the body and simultaneously lifting the button out of the base.



3. Remove appropriate button by pressing gently on the release mechanism located on both sides of the body and simultaneously lifting the button out of the base.



Replacement Buttons are sold 4 different ways



single buttons



storage box with
4 buttons



storage box with
20 buttons



storage box with
32 buttons



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